**TODAY I'M GRATEFUL FOR**
- Being creative at work
- Having a sunny day
- Soft bed
- Yarn for knitting
- New music
- HVGS
- Large iced coffee
- Monarch butterflies
- My sweet dog, Frank
- Spooky season
- Sweatshirt weather

**MORNING MANTRAS**
- I can do whatever I focus my mind on
- I am ENOUGH!
- I forgive myself if I mess up!
- I forgive others if I mess up!

**Write about a time when you felt confident. What contributed to this feeling?**

I had an art show of my artwork. I was nervous at first, but I knew my friends would think it was cool. I just made it and put it out there. The art was a bonus.
The LITTLE Book OF Positivity!

Remind Yourself About Great How You Are
I am

Smart! Happy
Loving Cheerful
Joyful Peaceful!

Bold Thoughtful

Creative Proud Blessed