What am I <u>GRATEFUL</u> for today?

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- Who am I <u>CHECKING IN ON</u> or <u>CONNECTING WITH</u> today?
- 3. What expectations of 'normal' am I <u>LETTING GO OF</u> today?
- 4. How am I <u>GETTING</u> <u>OUTSIDE</u> today?
- 5. How am I <u>MOVING MY BODY</u> today?
- What <u>BEAUTY</u> am I either <u>CREATING, CULTIVATING,</u> <u>OR INVITING IN</u> today?