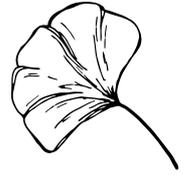


SEI ACHTSAM MIT DIR



Datum _____

Mo Di Mi Do Fr Sa So

ICH BIN DANKBAR FÜR

Three horizontal grey bars for writing.

DAS HABE ICH HEUTE SCHÖNES VOR

Five horizontal lines for writing, each preceded by a small heart icon.

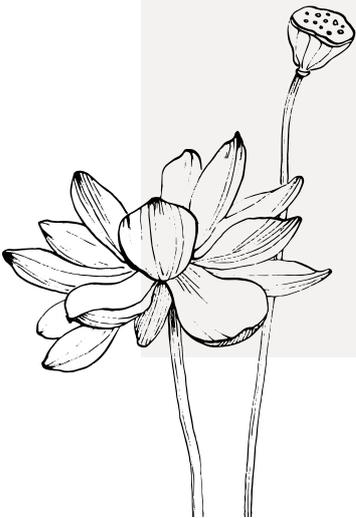
POSITIVE SELBSTBEKRÄFTIGUNG

A rounded rectangular box containing four horizontal lines for writing.



DAS HABE ICH HEUTE TOLLES ERLEBT

A large grey rectangular area for writing, with a line drawing of a lotus flower and seed pod on the left side.



SEI ACHTSAM MIT DIR



Datum _____

Mo Di Mi Do Fr Sa So

ICH BIN DANKBAR FÜR

Three horizontal grey bars for writing gratitude.

DAS HABE ICH HEUTE SCHÖNES VOR

Five horizontal lines for writing, each preceded by a small heart icon.

POSITIVE SELBSTBEKRÄFTIGUNG

A rounded rectangular box with four horizontal lines for writing, accompanied by a line drawing of a plant branch on the right side.

DAS HABE ICH HEUTE TOLLES ERLEBT

A large grey rectangular area for writing about a great experience.

