



## JUST FOR TODAY

---



### **GRATITUDE**

*Refocus your thoughts and explore ways to practice being grateful.*

#### **Activity overview**

Intentional goals for the coming day

#### **Equipment required**

Paper

Pen

#### **Time required**

5 – 10 minutes

---

*WHY: A great way to frame your day with intention*

---

Write these words down where you can see them. Try to say them at least three times first thing in the morning.

Just for today I will not worry

Just for today I will not anger

Just for today I will honour and respect all of life

Just for today I will give time to my family

Or...

Think of your own:

Just for today I will....

This can be a very intentional way of rewiring your brain for a more calmer, more positive you as you engage in other ways of responding to everyday events of your life.