

HAPPY MIND, HEALTHY BODY

Being grateful is a choice; you notice the little things and look for the upside in every situation. It's a daily discipline to remind yourself of the many good things that happen every day, and it helps you focus on things other than just your weight loss. Being grateful promotes a happier and more positive mindset. **At the same time each day, reflect on your day and write at least one thing for which you're grateful."**

Mon _____

Tue _____

Wed _____

Thur _____

Fri _____

Sat _____

Sun _____

My highlight of the week _____
