5 DAILY QUESTIONS

1. What am I <u>GRATEFUL</u> for?

 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>MOVING MY BODY</u> today?

5. What <u>BEAUTY</u> am I either creating, cultivating, or inviting today?