

	HOW HAVE I PREVENTED THINGS FROM GETTING WORSE?	
HAVE I HAD OR CREATED A SPARKLING MOMENT TODAY?		
WHAT 3 THINGS AM I GRATEFUL FOR TODAY?	WHAT DID I DO TODAY TO COPE, THAT I AM PROUD OF?	AM I DOING MORE OF WHAT WORKS OR CHANGING WHAT IS NOT WORKING?
	WHAT SMALL THING DID I DO TODAY TO BE HELPFUL TO OTHERS?	