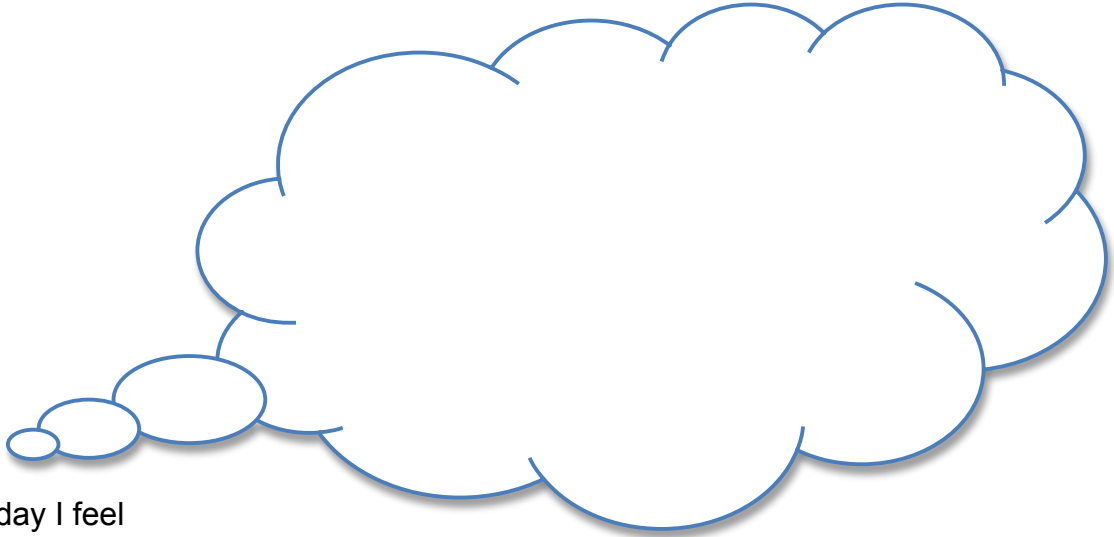


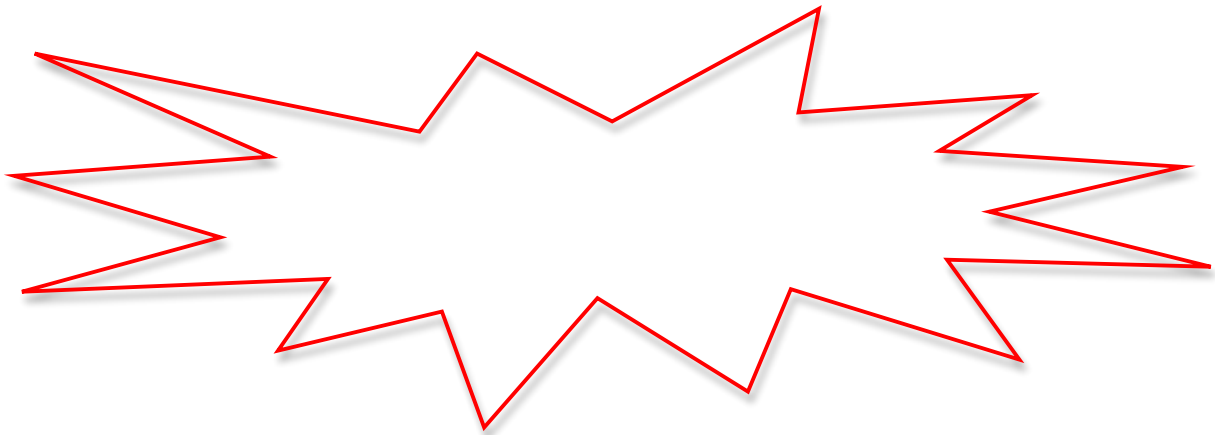
Daily Help Sheet

Date _____



Today I feel

The one small thing would be the most helpful to my life right now if I get it done today is:



My positive word / positive thought that I will remind myself of throughout the day is:

