

# Daily Emotional Wellness Practice

## 1. Self-awareness

Today I learned about myself.....  
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## 2. Mindfulness

Today I am mindful of.....  
.....  
.....

## 3. Self-acceptance

Today I accept that.....  
.....  
.....

## 4. Positive mindset

Today I choose to be positive by.....  
.....  
.....

## 5. Tolerance

Today I forgive.....  
.....  
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