

GET UP & GO

QUESTIONS FOR SELF-REFLECTION

NAME 3 THINGS YOU
ARE GRATEFUL FOR THIS
MORNING?

WHAT IS YOUR GOAL
FOR THE DAY?

WHAT CAN I DO BETTER
THAN I DID YESTERDAY?

THINK OF ONE PERSON
YOU WANT TO SAY THANK
YOU TO TODAY?

IS THERE ANYTHING
THAT YOU ARE TAKING
FOR GRANTED?

WHAT CAN YOU DO TO
MAKE YOURSELF HAPPY
TODAY?

WHAT CAN YOU DO
TODAY TO BRING YOU
CLOSER TO YOUR GOALS?

WILL YOU MAKE TODAY
A GOOD ONE OR A BAD
ONE, YOUR CHOICE?