

# Today is a Good Day Mad-Libs

Good morning! Today is a good day to have a good day. Today I choose love. Today I choose joy. Today I choose peace. Today I choose patience. Today I choose \_\_\_\_\_.

Today I recognize that I will have a different day than I did yesterday and it will be different than what tomorrow will bring. Yesterday was \_\_\_\_\_ and that makes me feel \_\_\_\_\_. One important takeaway from yesterday is \_\_\_\_\_. Regardless of how the day went, I recognize that I did my best, even if it doesn't always feel that way. Today is a new day and a new chance for me to try again.

Today I will focus on \_\_\_\_\_. In order to do that, I will need to \_\_\_\_\_. When I focus on \_\_\_\_\_ I feel better and it feels good to feel good! Today I am making feeling good a priority.

Today I want to remember that the most important people in my life are \_\_\_\_\_. They mean everything to me. I am grateful that we are in this together and as tough as these times may be, that I get to spend more time with \_\_\_\_\_ than I probably ever have.

Today I want to check in on \_\_\_\_\_ and see if there is anything I can do or offer them or simply just to say hello. I will call/text/email them at \_\_\_\_\_ time so I don't forget.

Today I am grateful for \_\_\_\_\_. I recognize that there is nothing too small that I can be grateful for right now and despite all that is going on in my life, I am still so fortunate to be where I am right now.

Today I recognize that this situation sucks, but that the one positive thing to come out of it has been \_\_\_\_\_. It's important for me to find something positive even when it feels like so much of what is happening around us is negative.

Today I feel \_\_\_\_\_. Today I want to feel more \_\_\_\_\_. In order to feel \_\_\_\_\_ I know that I must \_\_\_\_\_ in order to feel better. Because I know I am a better \_\_\_\_\_ when I take the time for myself to \_\_\_\_\_.

This is not the easiest time in our lives, but I recognize that this too will pass. I send positive thoughts and good vibes to all the people who are going through similar or worse situations than me right now, but especially for \_\_\_\_\_.

Today will be a good day. Today might be tougher than yesterday, but I choose to focus on love, on joy, on peace and on patience. Today I am strong, today I am capable. Today I surrender to whatever may come my way and I have faith that it will all be okay.

I look forward to tomorrow. I am grateful for another day to be on this earth. We may all be physically apart, but we're all in this together, and this too will pass.