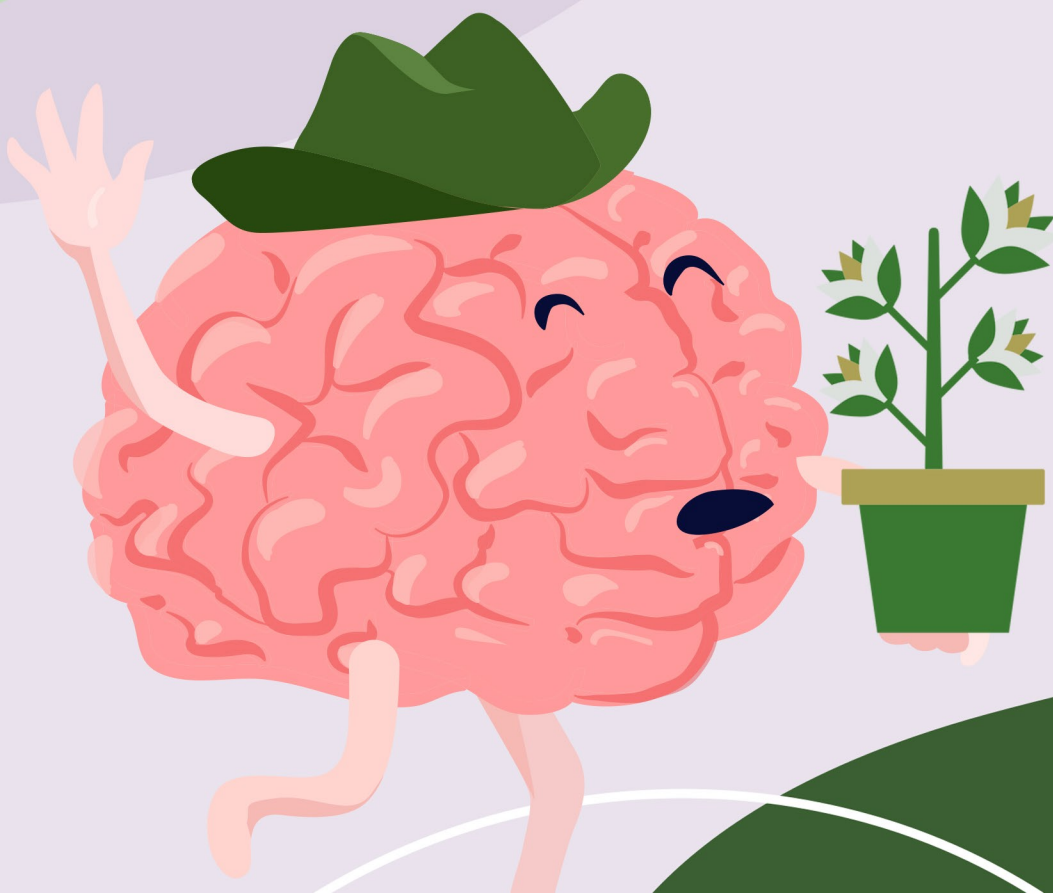


# GROWING GREATNESS

Practicing mindfulness can create such a big impact on your life. This worksheet will help you stay mindful of your small daily goals while celebrating your daily wins. Setting intentions can allow you to determine your action plan for the day and help foster your growth as well when used daily.



Today I want to feel...

What I'm going to do to make today great for myself

What I can do to make today great for others

My win today

I can grow on this tomorrow



To learn more about how to improve your wellbeing and mental health, get in touch with our wellbeing coaches today: <http://bit.ly/MNhelp>



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