

One Good Moment a Day

Notice one moment with your family each day that was better than the rest.

WHEN TO USE THIS
Use this for a week when the hard parts are all you can remember at night.

It does not have to be sweet or big. A quiet car ride counts. Something that made you laugh counts.

One line a day. Write it before you go to sleep.

DAY	THE MOMENT	WHO WAS THERE

At the end of the week, read them back. What do you notice?

Hard days and good moments live in the same week. Both are real.