



The Weekly Genuine Appreciation Restoration Plan

1. List three successes you have achieved this week.
(New successes each week)
2. List one good habit you are working on.
3. List one challenge you are working on.
4. List a new positive attitude you have found for yourself.
5. List three rewards you have given yourself.
(Non-food rewards)

Make 4 copies one for each week of the month.