

# TODAY WAS SPECIAL BECAUSE...

- I woke up early to see the sunrise
- I had a good breakfast
- Something made me laugh
- I cooked my favorite meal
- I watched a fun video
- I made my own bed
- I saw one of my good friends
- I had fun with my pet
- I completed a workout
- I heard one of my favorite songs
- I had dessert or a snack
- Someone sent me a sweet message
- I finished all my chores
- I received some good news
- I made someone smile