

# BuddhaBear Daily Practice Worksheet

## GRATITUDE

What am I especially grateful for today?:

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## KINDNESS

What random act(s) of kindness did I perform today?

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## HAPPINESS

What made me feel good today? Why?

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**HEALTH**

What exercise did I get today, and for how long?

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**INWARDS**

What did I meditate on today, and for how long?:

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**OUTWARDS**

Who did I reach out to and stay in touch with today?:

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