

My new app



Proper coffee break

My home

Jo said it was my best work to date

Lovely new dress

Feeling well again

Appreciating

Zzz... A good night's sleep Zzz...

My family

What are you grateful for today?

Meeting John after work

Time for myself

What do you appreciate about today?

Reflect on your day and note anything that is special, significant or important to you.

A good book

great friends

Finishing my project

Being creative

Lunch outside with Dee

TODAY'S Best Bits

What I value most about today

- 1
- 2
- 3



Insights from appreciating

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Intention for tomorrow

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