



right now

date:

time:

One good thing about this  
moment, right now:

Another good thing about this  
moment, right now:

One thing about  
the space I'm in that  
I haven't noticed  
until right now:

One emotion  
I am feeling  
right now:

Things I can  
hear right now:

One way that  
emotion is  
affecting me:

One thing that  
isn't perfect right now,  
but that's okay:

One thing I cherish:

One person  
I adore: