

a fabulous day

by choice

what I must do:

Schedule:

wake up: _____

morning: _____

midday: _____

afternoon: _____

evening: _____

bedtime: _____

what I won't do:

She believed she could,
so she did.

R.S. Gray

CHOOSING JOY

what I can do:

BREAKFAST:

LUNCH:

DINNER:

R

A

K