

### Flip the Switch #3

You can flip the switch by focusing on things you're proud of. This week, write down three things each day that you are proud of accomplishing.

**Monday:**

1.

2.

3.

**Tuesday:**

1.

2.

3.

**Wednesday:**

1.

2.

3.

**Thursday:**

1.

2.

3.

**Friday:**

1.

2.

3.

**Saturday:**

1.

2.

3.

**Sunday:**

1.

2.

3.

