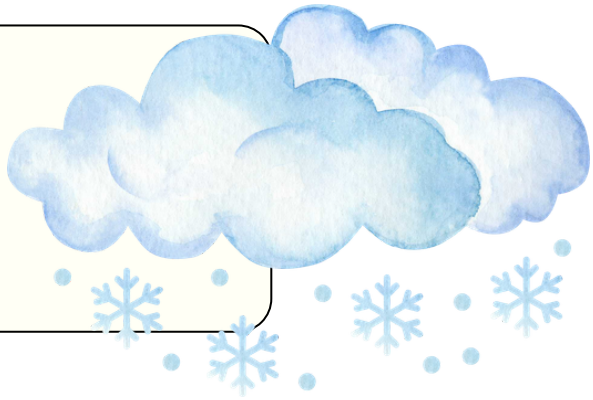
Hazelden Betty Ford Foundation

Date: _____

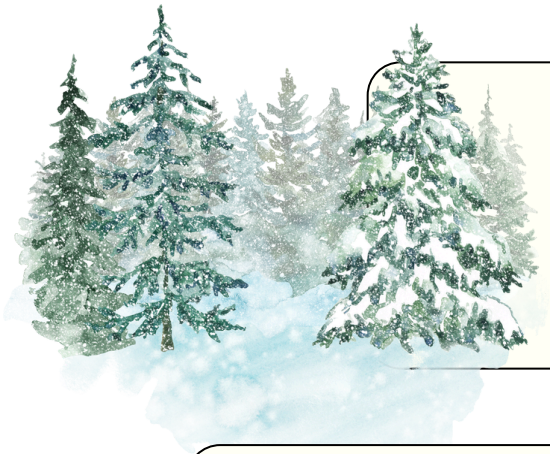
A Moment of Reflection

Some days, it's easy to notice what's going well. Other days, it takes a little more effort. Wherever you are today, this reflection is a chance to pause and recognize what's helping you move forward.

Big things matter. Small things matter too.



01. Today I appreciated...



02. A challenge I'm learning to handle...



03. A moment I felt proud of myself...



04. Something that feels more possible today than it once did…

05. Something I'm looking forward to...



Before You Go

What do you want to carry with you into tomorrow?

"I don't look at what I've lost.
I look instead at what I have left."— Betty Ford