

# The ANATOLIAH Message

Hey there!

Before heading to bed, you'll take a moment to ask yourself the following questions:

- ✓ **Q1: Today, did I speak to someone about my feelings?**
- ✓ **Q2: Today, did I listen to someone in need of help?**
- ✓ **Q3: Today, did I thank someone for inspiring me?**

Here are the guidelines for completing the box.

- ✓ **If you've answered "yes" to all three questions, please place a "y" in the box below for that day.**
- ✓ **If you've answered "no" to at least one of those questions, please mark an 'n' in the box below for that day.**

To win, you need to have more "y" responses than "n" responses within 21 days.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21

