

# TAREAS DIARIAS

By #MétodoMOA

FECHA:

## COSAS BUENAS DEL DIA

## OBSTÁCULOS A LOS QUE TE HAS ENFRENTADO HOY Y APRENDIZAJE

Three horizontal rectangular boxes for writing good things from the day.

Three horizontal rectangular boxes for writing obstacles and learning. The first box is labeled 'OBSTÁCULO', the second 'APRENDIZAJE', and the third 'OBSTÁCULO'.

## COSAS MEJORABLES

## MOMENTOS DE CAOS O ESTRÉS

Three horizontal rectangular boxes for writing things that can be improved.

A large rectangular box for writing moments of chaos or stress.

## PERSONAS A LAS QUE AGRADECER HOY

Five horizontal lines for writing names of people to thank today.