

good



eu (good)
bio (life)

How do *you* do eu?

In December of 2018, I received a gift that changed my life. It was a simple gift, a little gift, that held infinity between its covers. A dear mentor gave me a book entitled *The Five Minute Journal* by Alex Ikonn and UJ Ramdas. In it were pages and prompts that beckoned me to start my day with gratitude, set my intention for my day, and reflect on the good that each day offered.

Through writing in its pages I felt more alive, more joyful, more purposeful in every moment of my life—and as a result, able to be more and share more—with those with whom I am connected and with the world.

That experience inspired this book.

It is our gift to you.

In it are quotes—words that have inspired our team—and pages that beckon for you to discover, celebrate, and share the good uniquely found in the moments that comprise your life.

It works like this:

In the morning, first thing in the morning when you wake up, simply take a minute to ask yourself: “*What good in my life am I grateful for?*” Believe me, in doing so, you will delight in your answer. Afterwards, ask yourself: “*What one good thing can I do for myself today?*” and “*What one good thing can I do for another person or the world today?*” In answering these questions, you will recognize that, in the vast possibilities for how you spend the

coming hours, you have the opportunity to do one thing for yourself that will make your heart smile, and one good thing that touches another person. As you write one good aspect of yourself that you will celebrate each day, you will affirm the parts of yourself that you most want to embody and be reminded that you have so much to share—in ways that only you can share it...

At the end of your day, after you have experienced all that the day has to offer, you create the space to reflect on the gifts that the day gave you, be they elaborate or simple, planned or unexpected, and say thank you.

I have learned that it is the daily practice of this writing that strengthens its impact. The more that I do it, the more valuable it becomes. This book serves as a spark to get you started. Your first 30 days are a magical beginning.

We believe that you and your life are a gift in the world, and we desire to celebrate you as you discover your very own unique and special good—and share it.

May you have joy.

May you experience life's grace.

May you move through the world with integrity.

May each moment serve as an opportunity to grow.

May the days of your life be filled with all that is good.

alita

SAMPLE PAGE

morning

What good in my life am I grateful for?

1. *My smiling dog*
2. *Quiet Sunday mornings with my family*
3. *Yummy bagels*

What one good thing can I do for myself today?

Sit for a moment in the sunshine.

What one good thing can I do for another person
or the world today?

Call Ms. Frances and say hello.

One good aspect of myself that I will celebrate today:

I am optimistic.

evening

Three good things that happened today were:

1. *Eating a nice warm cup of soup.*
2. *Hearing the birds sing this morning - when I woke up.*
3. *Watching Jacob play outside. He is growing so fast!*

“
**BE THE
PERSON
YOU
NEEDED
WHEN
YOU WERE
YOUNGER.**
”
- Ayesha Siddiqi

DAY 1 *morning*

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person
or the world today?

One good aspect of myself that I will celebrate today:

I am _____

evening

Three good things that happened today were:

- 1.
- 2.
- 3.

“
You can easily
judge the
character of a
man by how
he treats
those who can
do nothing
for him.
”

- Malcom S. Forbes

DAY 2 *morning*

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person
or the world today?

One good aspect of myself that I will celebrate today:

I am _____

evening

Three good things that happened today were:

- 1.
- 2.
- 3.

“
my
opponent
is my
teacher,
my ego
is my enemy.”
- Renzo Gracie

DAY 3 morning

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person
or the world today?

One good aspect of myself that I will celebrate today:

I am _____

evening

Three good things that happened today were:

- 1.
- 2.
- 3.

“
As we let our
own light
shine, we
unconsciously
give other
people
permission to
do the same.
”

- Marianne Williamson

DAY 4 *morning*

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person
or the world today?

One good aspect of myself that I will celebrate today:

I am _____

evening

Three good things that happened today were:

- 1.
- 2.
- 3.

“

Everybody can be great...because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace, a soul generated by love. ”

- Martin Luther King, Jr

DAY 5

morning

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person or the world today?

One good aspect of myself that I will celebrate today:

I am _____

evening

Three good things that happened today were:

- 1.
- 2.
- 3.

“do one
thing
every day
that
scars
you.”

- Mary Schmich

DAY 6

morning

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person
or the world today?

One good aspect of myself that I will celebrate today:

I am _____

evening

Three good things that happened today were:

- 1.
- 2.
- 3.

“

Don't ask what
the **world** needs.
Ask what makes
you come **alive**,
and go do it.
Because what
the world needs
is **people** who
have come alive.

- Howard Thurman

”

DAY 7

morning

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person
or the world today?

One good aspect of myself that I will celebrate today:

I am _____

evening

Three good things that happened today were:

- 1.
- 2.
- 3.

“
**YOUR
PRESENCE IS
A PRESENT TO
THE WORLD.
YOU'RE
UNIQUE AND
ONE OF A
KIND.**
”

- Collin McCarty

DAY 8 *morning*

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person
or the world today?

One good aspect of myself that I will celebrate today:

I am _____

evening

Three good things that happened today were:

- 1.
- 2.
- 3.

“

You give but
little when you
give of your
possessions.
It is when
you give of
yourself
that you
truly give.

- Kahlil Gibran

”

DAY 9

morning

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person
or the world today?

One good aspect of myself that I will celebrate today:

I am _____

evening

Three good things that happened today were:

- 1.
- 2.
- 3.

“
you are a
star.
rise high
and
shine
bright!”
- Anonymous

DAY 10

morning

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person
or the world today?

One good aspect of myself that I will celebrate today:

I am _____

evening

Three good things that happened today were:

- 1.
- 2.
- 3.

“
THIS
IMPERFECT
LIFE TEACHES
ME TO
LOVE THIS
IMPERFECT
DAY.
”

- Anonymous

DAY 11

morning

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person
or the world today?

One good aspect of myself that I will celebrate today:

I am _____

evening

Three good things that happened today were:

- 1.
- 2.
- 3.

“

Don't *worry*
about a thing,
'cause every
little thing
gonna be
all right.

- Bob Marley

”

DAY 12

morning

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person
or the world today?

One good aspect of myself that I will celebrate today:

I am _____

evening

Three good things that happened today were:

- 1.
- 2.
- 3.

“
laugh
hard
and
often.”
- Anonymous

DAY 13

morning

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person
or the world today?

One good aspect of myself that I will celebrate today:

I am _____

evening

Three good things that happened today were:

- 1.
- 2.
- 3.

“

Thirty years ago, my older brother, who was 10 years old at the time, was trying to get a report written on birds that he'd had 3 months to write, which was due the next day. We were out at our family cabin in Bolinas, and he was at the kitchen table close to tears, surrounded by binder paper and pencils and unopened books about birds, immobilized by the hugeness of the task ahead. Then my father sat down beside him, put his arm around my brother's shoulder, and said, "Bird by bird, buddy.

Just take it bird by bird."

- Anne Lamott

”

DAY 14

morning

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person or the world today?

One good aspect of myself that I will celebrate today:

I am _____

evening

Three good things that happened today were:

- 1.
- 2.
- 3.

“

say yes to new
adventures.

if you never
try, you'll
never know.

- Anonymous

”

DAY 15

morning

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person
or the world today?

One good aspect of myself that I will celebrate today:

I am _____

evening

Three good things that happened today were:

- 1.
- 2.
- 3.

“
DON'T TELL ME
THE MOON IS
SHINING;
SHOW ME THE
GLINT OF
LIGHT ON
BROKEN
GLASS.

- Anton Chekhov

DAY 16

morning

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person
or the world today?

One good aspect of myself that I will celebrate today:

I am _____

evening

Three good things that happened today were:

- 1.
- 2.
- 3.

“

For me, I am driven
by two main
philosophies:
know more today
about the world
than I knew
yesterday and
lessen the suffering
of others.

- Neil deGrasse Tyson

”

DAY 17

morning

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person
or the world today?

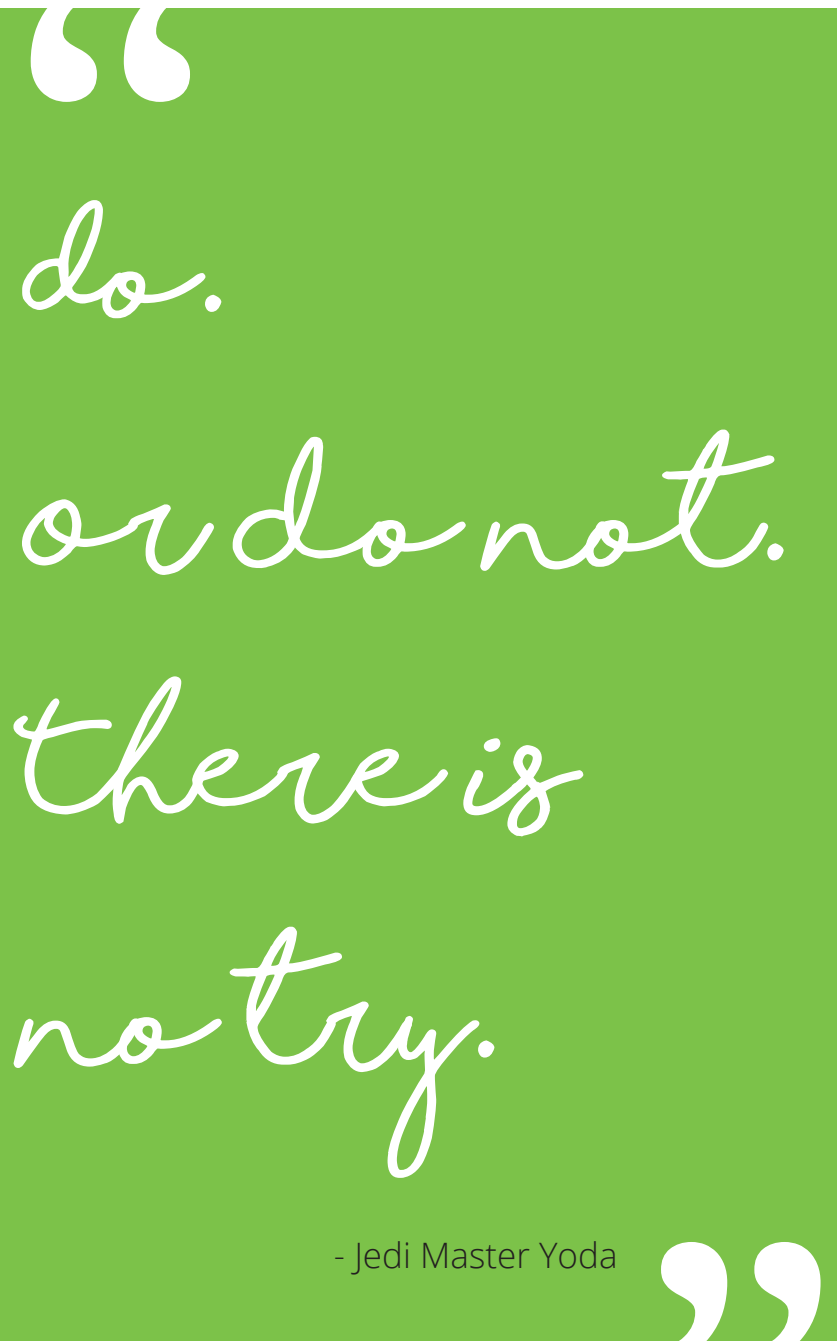
One good aspect of myself that I will celebrate today:

I am _____

evening

Three good things that happened today were:

- 1.
- 2.
- 3.



DAY 18

morning

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person
or the world today?

One good aspect of myself that I will celebrate today:

I am _____

evening

Three good things that happened today were:

- 1.
- 2.
- 3.

“

WHEREVER
YOU ARE,
BE ALL
THERE.

- Jim Elliot

”

DAY 19

morning

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person
or the world today?

One good aspect of myself that I will celebrate today:

I am _____

evening

Three good things that happened today were:

- 1.
- 2.
- 3.

“

**IF YOU WANT
TO GO FAST,
GO ALONE.
IF YOU WANT
TO GO FAR,
GO TOGETHER.**

”

- African proverb

DAY 20 *morning*

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person
or the world today?

One good aspect of myself that I will celebrate today:

I am _____

evening

Three good things that happened today were:

- 1.
- 2.
- 3.

“

By being
yourself you
put something
wonderful
in the world
that was not
there before.

- Edwin Elliot

”

DAY 21

morning

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person
or the world today?

One good aspect of myself that I will celebrate today:

I am _____

evening

Three good things that happened today were:

- 1.
- 2.
- 3.

“

Today is a
good day
to have a
good day.

- Anonymous

”

DAY 22

morning

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person
or the world today?

One good aspect of myself that I will celebrate today:

I am _____

evening

Three good things that happened today were:

- 1.
- 2.
- 3.

“

Sometimes
you just
have to
roll
with it.

- Isiah Anderson

”

DAY 23

morning

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person
or the world today?

One good aspect of myself that I will celebrate today:

I am _____

evening

Three good things that happened today were:

- 1.
- 2.
- 3.

“

AS YOU START
TO WALK OUT
ON THE WAY,
THE WAY
APPEARS.

- Rumi

”

DAY 24

morning

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person
or the world today?

One good aspect of myself that I will celebrate today:

I am _____

evening

Three good things that happened today were:

- 1.
- 2.
- 3.

“

you are
surrounded
by light.

- Anonymous

”

DAY 25

morning

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person
or the world today?

One good aspect of myself that I will celebrate today:

I am _____

evening

Three good things that happened today were:

- 1.
- 2.
- 3.

“

THERE ARE
THREE WAYS TO
ULTIMATE
SUCCESS: THE
FIRST WAY IS TO
BE KIND. THE
SECOND WAY IS
TO BE KIND.
THE THIRD WAY
IS TO BE KIND.

- Mister Rogers

”

DAY 26

morning

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person
or the world today?

One good aspect of myself that I will celebrate today:

I am _____

evening

Three good things that happened today were:

- 1.
- 2.
- 3.

“

Mamma exhorted her children at every opportunity to

‘jump at the sun.’

We might not land on the sun, but at least we would get off the ground.

- Zora Neale Hurston

”

DAY 27

morning

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person or the world today?

One good aspect of myself that I will celebrate today:

I am _____

evening

Three good things that happened today were:

- 1.
- 2.
- 3.

“

What lies behind
us and what lies
ahead of us are
tiny matters
compared to
what lies
within us.

- Henry David Thoreau

”

DAY 28

morning

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person
or the world today?

One good aspect of myself that I will celebrate today:

I am _____

evening

Three good things that happened today were:

- 1.
- 2.
- 3.

“
CREATIVITY IS
A LIVING THING—
YOU MUST FEED IT,
NURTURE IT,
EXERCISE IT,
SOCIALIZE IT, AND
GIVE IT REST IN
ORDER TO REALIZE
ITS FULLEST
POTENTIAL.

- Ed Gloria

”

DAY 29

morning

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person
or the world today?

One good aspect of myself that I will celebrate today:

I am _____

evening

Three good things that happened today were:

- 1.
- 2.
- 3.

“
You
are
loved.”
- Joya Wilson

DAY 30 *morning*

What good in my life am I grateful for?

- 1.
- 2.
- 3.

What one good thing can I do for myself today?

What one good thing can I do for another person
or the world today?

One good aspect of myself that I will celebrate today:

I am _____

evening

Three good things that happened today were:

- 1.
- 2.
- 3.

*all quotes have been
shared by cubio team members:*

Cheyenne, Rocky Mountain Man

"Be the person you needed when you were younger."
- Ayesha Siddiqi

"You can easily judge the character of a man by how he treats
those who can do nothing for him."
- Malcom S. Forbes

Jenny, Foodie Extraordinaire

"My opponent is my teacher, my ego is my enemy."
- Renzo Gracie

"And as we let our own light shine, we unconsciously give other people
permission to do the same."
- Marianne Williamson

Judi, Bibliophile

"Everybody can be great...because anybody can serve. You don't have to
have a college degree to serve. You don't have to make your subject
and verb agree to serve. You only need a heart full of grace,
a soul generated by love."
- Martin Luther King, Jr

"Do one thing every day that scares you."
- Mary Schmich

Dede, Voyager

"Don't ask what the world needs. Ask what makes you come alive, and
go do it. Because what the world needs is people who have come alive."
- Howard Thurman

"Your presence is a present to the world. You're unique and one of a kind."
- Collin McCarty

Anna, Jogger

"You give but little when you give of your possessions.
It is when you give of yourself that you truly give."
- Kahlil Gibran

"You are a star. Rise high and shine bright!"
- Anonymous

Gretchen, Philosopher

"This imperfect life teaches me to love this imperfect day."
- Anonymous

Jessica, World Traveler

"Don't worry about a thing, 'cause every little thing gonna be all right."
- Bob Marley

"Laugh hard and often."
- Anonymous

Mary, Imaginative Dreamer

"Thirty years ago my older brother, who was ten years old at the time, was
trying to get a report written on birds that he'd had three months to write,
which was due the next day. We were out at our family cabin in Bolinas, and
he was at the kitchen table close to tears, surrounded by binder paper and
pencils and unopened books about birds, immobilized by the hugeness of the
task ahead. Then my father sat down beside him put his arm around my
brother's shoulder, and said, "Bird by bird, buddy. Just take it bird by bird."
- Anne Lamott

Shannon, Creative Quilter

"Say yes to new adventures. If you never try, you'll never know."
- Anonymous

Carol, Documentary Lover

"Don't tell me the moon is shining; show me the glint of
light on broken glass."
- Anton Chekhov

Kristina, Animal Lover

"For me, I am driven by two main philosophies: know more today about the
world than I knew yesterday and lessen the suffering of others."
- Neil deGrasse Tyson

Sara, Photographer

"Do. Or do not. There is no try."
- Jedi Master Yoda

Kathleen, Feline Fancier

"Wherever you are, be all there."
- Jim Elliot

Wendy, Holistic Nutrition Enthusiast

"If you want to go fast, go alone. If you want to go far, go together."
- African proverb

Clarice, Effervescent Personality

"By being yourself you put something wonderful in the world that was not there before."

- Edwin Elliot

Jennifer, Coffee Aficionado

"Today is a good day to have a good day."

- Anonymous

Red, Belly Rub Connoisseur

"Sometimes you just have to roll with it."

- Isiah Anderson

Yamini, Yoga Enthusiast

"As you start to walk out on the way, the way appears."

- Rumi

Ginny, YES!

"You are surrounded by light."

- Anonymous

Carolyn, Wonderful Wizardess

"What lies before us and what lies behind us are small matters compared to what lies within us. And when we bring what is within out into the world, miracles happen."

- Henry David Thoreau

Ed, Musician

"Creativity is a living thing—you must feed it, nurture it, exercise it, socialize it, and give it rest in order to realize its fullest potential."

- Ed Gloria

Alita, Art Lover

"There are three ways to ultimate success: The first way is to be kind. The second way is to be kind. The third way is to be kind."

- Mister Rogers

"Mamma exhorted her children at every opportunity to 'jump at the sun.' We might not land on the sun, but at least we would get off the ground."

- Zora Neale Hurston

"You are loved."

- Joya Wilson



Inspire your good.
eubio.com