

**What Do You
Love About Yourself
That You Did Well
Today?**

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**What Do You
Love About Yourself
That You Did Well
Today?**

*182 ways to notice
when you did something right.*

Blurt Snodgrass

a 321Lumina.com book

*For everyone who needs
a better question to ask themselves
at the end of the day.*

A note before you begin.

Most of us are very good at noticing what we did wrong
today.

We have a long list. We can recite it from memory.

This book is the other list.

Read one. Read ten. Open the book at random. Find the one
that fits today and let yourself have it.

Then ask yourself the question on the cover.

And answer it honestly.

*What do you love
about yourself
that you did well
today?*

· 1 ·

I stayed coachable even when I disagreed. I did it their way and learned something.

· 2 ·

I made a play I've never made before. My body knew what to do before my brain did.

· 3 ·

I created something today. It doesn't matter if it was good. I made something that didn't exist before.

· 4 ·

I kept my form in the last quarter when my body wanted to give up on it. That's discipline showing up.

· 5 ·

I chose to see a difficult situation differently. I found a better story to tell myself about it.

· 6 ·

I noticed my own negative thinking and chose a different thought. Just once. That counts.

· 7 ·

I chose to begin. Not to finish, not to be perfect. Just to begin. That's everything.

· 8 ·

I chose to rest my body instead of training through pain. Smart athletes know the difference.

· 9 ·

I made the difficult passage musical instead of just accurate. Accuracy is the floor. Music is what's above it.

· 10 ·

I practiced the thing I failed at yesterday. I will practice it again tomorrow. That's how this works.

• 11 •

I admitted I needed support and I asked for it. That's not weakness. That's wisdom.

• 12 •

I was patient. With someone else. With myself. With a situation I couldn't control.

• 13 •

I kept my head in the game after a bad play. Didn't let one mistake become two.

• 14 •

I admitted I was wrong. Out loud. To another person.

• 15 •

I made the shot I've been missing in practice all week. In the game. When it counted.

· 16 ·

I gave someone my full attention. In a world full of distractions that is a real gift.

· 17 ·

I put my phone down and was actually present for something that mattered.

· 18 ·

I found a new color combination that works. Happy accident. I wrote it down so I don't forget.

· 19 ·

I pushed my range today. Higher, lower, faster, stronger, further than yesterday. Just a little. That's the whole game.

· 20 ·

I kept my word. I said I'd do something and I did it.

· 21 ·

I apologized to a teammate for something that was my fault.
The team needed that and I did it.

· 22 ·

I noticed how far I've come instead of only seeing how far I
still have to go.

· 23 ·

I asked a question I was afraid sounded stupid. It didn't. And I
learned something.

· 24 ·

I listened to my coach's feedback without getting defensive. I
heard it. I wrote it down. I'm going to use it.

· 25 ·

I wrote something down. A thought, a feeling, an idea. I gave it
a place to exist.

· 26 ·

I was honest about what I don't know instead of pretending.
That's real confidence.

· 27 ·

I took care of my body today. I slept. I ate. I moved. That
matters.

· 28 ·

I practiced the part I hate practicing because I know it's the
part I need most.

· 29 ·

I told the truth when a lie would have been easier.

· 30 ·

I slowed down today instead of rushing through everything. I
was actually there for some of it.

· 31 ·

I chose to trust someone. I let someone in a little. That takes courage when you've been hurt before.

· 32 ·

I was myself today. Not a performance. Not what someone else needed me to be. Just honestly, quietly myself.

· 33 ·

I kept my composure in a moment that could have gone sideways. I'm proud of that.

· 34 ·

I competed with joy today instead of anxiety. That's a shift I've been working toward for a long time.

· 35 ·

I corrected my technique mid-performance. I felt it was wrong and I fixed it in real time.

· 36 ·

I showed up as a good friend today. Not a perfect one. A real one.

· 37 ·

I pushed through the wall. You know the one. The moment in training where everything in you says stop. I went through it.

· 38 ·

I asked for help instead of pretending I had it figured out.

· 39 ·

I finished the piece even though I didn't think it was ready.
Done is better than perfect and I learned that today.

· 40 ·

I was curious about someone else's experience. I asked about their life. I actually wanted to know.

· 41 ·

I tried the harder version of the exercise. I wasn't ready. I tried it anyway.

· 42 ·

I stayed calm when someone upset me. That's not easy for me. That was me doing well today.

· 43 ·

I wrote the hardest scene in the script. The one I'd been avoiding. It's done now.

· 44 ·

I stayed loose under pressure. That's something I've been working on for months.

· 45 ·

I made someone feel seen today. I noticed them. I acknowledged them. That matters more than most things.

· 46 ·

I gave myself permission to rest without feeling guilty about it. That's growth.

· 47 ·

I noticed I was being hard on myself and I eased up. I gave myself some room.

· 48 ·

I did something creative just for the joy of it. Not for grades or approval. Just because.

· 49 ·

I took a creative risk and it worked. I almost didn't try it. I'm glad I did.

· 50 ·

I played through the difficult passage without stopping. First time I've made it all the way through.

· 51 ·

I let go of the bad performance and started fresh. Not everyone can do that. I did it today.

· 52 ·

I chose kindness even when I was tired. That's when it counts most.

· 53 ·

I controlled my breathing during the high-pressure moment. That's a skill I've been building and today it showed.

· 54 ·

I asked a meaningful question instead of just going through the motions of a conversation.

· 55 ·

I played the whole concert without checking the sheet music once. All those hours of practice showed up tonight.

· 56 ·

I learned something new today. I made myself a little less ignorant about something that matters.

· 57 ·

I stayed composed when the game changed and my role changed with it. I adapted and I kept contributing.

· 58 ·

I chose hope today when fear would have been easier.

· 59 ·

I tried again at something I failed at before. I didn't let the last time be the last word.

· 60 ·

I chose not to say the thing that would have started the argument. I let it go.

· 61 ·

I made a decision I'd been avoiding. It's done now. I can breathe.

· 62 ·

I kept my sense of humor when things got hard. Laughter is a kind of strength.

· 63 ·

I encouraged myself. In my own head, quietly, I was on my own side today.

· 64 ·

I recorded myself and watched it back. That takes honesty. I saw what needs work. I saw what's working too.

· 65 ·

I treated a stranger with warmth. A smile, a door held open, a moment of genuine human contact.

· 66 ·

I gave my best in front of a small audience when it would have been easy to coast. Every performance matters.

· 67 ·

I forgave myself for something I've been carrying around too long.

· 68 ·

I was honest with myself about something I'd been avoiding looking at. That took guts.

· 69 ·

I improvised when something went wrong and it actually worked. That's experience talking.

· 70 ·

I let myself feel something instead of pushing it away. I sat with it. That takes courage.

· 71 ·

I found a new way to express something I've been trying to say for months. The breakthrough came today.

· 72 ·

I took care of something before it became a problem. I was ahead of it for once.

· 73 ·

I wrote a line I'm genuinely proud of. Just one. That's enough.

· 74 ·

I kept my artistic vision even when someone told me to do it differently. I know what I'm making.

· 75 ·

I chose my response instead of just reacting. There was a gap between what happened and what I did. I used it.

· 76 ·

I was honest with my coach about what's not working. That conversation will make me better.

· 77 ·

I worked on something I care about. Not because anyone asked me to. Because it matters to me.

· 78 ·

I figured out why the passage wasn't working and fixed it myself before the lesson.

· 79 ·

I competed against someone better than me and learned something I couldn't have learned any other way.

· 80 ·

I noticed what I was doing wrong without anyone telling me. That's a new kind of awareness.

· 81 ·

I stood up for someone who needed it. Even though it wasn't comfortable.

· 82 ·

I chose not to gossip even when everyone else was. I stayed out of it.

· 83 ·

I noticed something beautiful today and stopped for a moment to actually feel it.

· 84 ·

I played with more feeling than technique today and it was better. I'm learning when to let go.

· 85 ·

I did something uncomfortable because it was the right thing to do. Not the easy thing. The right thing.

· 86 ·

I loved what I do today. Not just did it. Loved it. I remembered why I started and it came through in everything.

· 87 ·

I did something I've been putting off for a long time. It's done now. It feels different.

· 88 ·

I was generous. With my time, my attention, my resources, my care. I gave something real.

· 89 ·

I played hurt and played well. My mind carried my body today.

· 90 ·

I showed a younger player something that helped them. Teaching it made me understand it better too.

· 91 ·

I stayed in character for the whole scene without breaking. My best run yet.

· 92 ·

I was curious today. I asked why. I looked deeper. I didn't just accept the surface of things.

· 93 ·

I created under pressure and what came out was good. Pressure makes some people better. Today I was one of them.

· 94 ·

I hit the note I've been missing for three weeks. Just once. But I hit it.

· 95 ·

I painted over something I loved because I knew it needed to change. That took courage.

· 96 ·

I found the rhythm of the game and stayed in it. Everything else fell away. Just the game.

· 97 ·

I landed the move cleanly. Not almost. Cleanly.

· 98 ·

I used visualization before my performance. I saw it go well before it happened. And it did.

· 99 ·

I took the first step on something that felt overwhelming. Just the first one. That's everything.

· 100 ·

I was honest about how I was feeling instead of saying I'm fine when I wasn't.

· 101 ·

I took the difficult key change in stride. A month ago that would have broken me.

· 102 ·

I finished what I started. Even the boring part in the middle. I finished it.

· 103 ·

I said no to something that wasn't good for me. That took courage.

· 104 ·

I finally understood what my teacher has been telling me about timing. Something clicked today.

· 105 ·

I kept someone's secret. I was trusted with something and I honored that trust.

· 106 ·

I finished the training block. The whole thing. Every session. I didn't skip the hard ones.

· 107 ·

I ran the drill slower than everyone else and got it right. Speed comes later. I got it right.

· 108 ·

I competed against someone better than me and I held my own. That's growth you can feel.

· 109 ·

I set up a teammate for their best moment today. I didn't need to be the one who scored.

· 110 ·

I resisted something that would have made me feel good for five minutes and bad for a week.

· 111 ·

I felt the music today instead of just playing it. There's a difference and I felt it.

· 112 ·

I held the pose longer than I thought I could. My body surprised me today.

· 113 ·

I did the hard thing first instead of avoiding it all day.

· 114 ·

I identified my own bad habit and corrected it mid-session without being told. That's self-awareness becoming skill.

· 115 ·

I followed through on something I said I would do. My word meant something today.

· 116 ·

I did the work even when I didn't feel inspired. Inspiration is great. Showing up is better.

· 117 ·

I got back up after being knocked down and immediately refocused. No dwelling. Just back in.

· 118 ·

I stayed technically sound under fatigue. That's where real skill lives — not when it's easy.

· 119 ·

I made peace with where I am in my development. I'm not where I want to be yet. I'm moving. That's enough.

· 120 ·

I celebrated someone else's win without making it about me. I was genuinely happy for them.

· 121 ·

I held my concentration through the whole performance. No drifting. I was there for all of it.

· 122 ·

I was kind to someone who wasn't being kind to me.

· 123 ·

I set a boundary. Quietly, firmly, without drama. And I held it.

· 124 ·

I finished the training session when I could have called it early. Every rep at the end is the one that counts.

· 125 ·

I felt nervous and performed anyway. The nerves didn't win today.

• 126 •

I paid attention to my own needs instead of ignoring them until they became a crisis.

• 127 •

I earned the respect of someone whose opinion matters to me today. Not by trying to. By doing the work.

• 128 •

I took the feedback from yesterday and I used it today. I got better because of it.

• 129 •

I noticed someone was having a bad day and I stopped to ask about it. I didn't have to. I'm glad I did.

• 130 •

I showed up to the early morning session. The alarm went off and I got up. That's a choice I made for my future self.

· 131 ·

I trusted my instincts in the moment and they were right.
That's what experience feels like.

· 132 ·

I practiced something I'm not good at yet. I'm a little better
than I was yesterday.

· 133 ·

I spent time with someone I care about and I was actually
there. Not half somewhere else.

· 134 ·

I protected my energy today. I didn't give it to things and
people that drain it without giving anything back.

· 135 ·

I sang the difficult interval cleanly. My ear is getting better. I
can hear the difference now.

· 136 ·

I made a character choice that felt true instead of safe. The scene came alive because of it.

· 137 ·

I was brave in a small way that nobody saw. I know it happened. That's enough.

· 138 ·

I made something beautiful today. Imperfect and beautiful. That's the only kind there is.

· 139 ·

I sat with uncertainty without panicking. That's harder than it sounds.

· 140 ·

I got up when I didn't want to. That was the whole victory today and it was enough.

· 141 ·

I kept going when I wanted to quit. Just kept going.

· 142 ·

I made someone laugh today. I love that I can do that.

· 143 ·

I helped someone without being asked. I just saw the need and
I filled it.

· 144 ·

I sang in front of someone for the first time. My voice shook. I
kept going.

· 145 ·

I took the creative direction I was afraid of. It was better than
the safe one.

• 146 •

I took a breath before I reacted. That one breath changed the whole moment.

• 147 •

I played the whole set without losing energy or focus.
Endurance is a skill too and I built it today.

• 148 •

I laughed today. Genuinely, freely laughed. I love that I can still do that.

• 149 •

I got the choreography right from memory. My body knows it now. It's mine.

• 150 •

I played the long game today. Didn't rush. Trusted the process. That's maturity.

· 151 ·

I loved somebody today. Quietly, openly, without needing anything back. That's the best thing a person can do.

· 152 ·

I stood by something I believe in even when it wasn't the popular position.

· 153 ·

I created something today that didn't exist yesterday. That's always worth loving.

· 154 ·

I did something kind without anyone seeing. I didn't need them to see.

· 155 ·

I ran my personal best today. Nobody gave it to me. I earned every second of it.

• 156 •

I solved a creative problem I've been stuck on for two weeks.
The answer came during practice.

• 157 •

I chose to believe in myself for one moment today when the
voice said I shouldn't. One moment is enough.

• 158 •

I noticed something I'm grateful for that I usually take for
granted. I held it for a moment.

• 159 •

I tried something I wasn't sure I could do. It didn't go
perfectly. I tried anyway.

• 160 •

I listened. Really listened. Without planning what I was going
to say next.

• 161 •

I let go of something I'd been holding onto too tightly. I don't need to carry everything.

• 162 •

I drew something that actually looked like what I was trying to draw. Progress is visible today.

• 163 •

I reached out to someone I'd been meaning to reach out to. I stopped meaning to and actually did it.

• 164 •

I practiced the weakest part of my game instead of the parts I'm already good at. That's how you improve.

• 165 •

I said something honest in a conversation that needed honesty. It wasn't easy. I said it anyway.

• 166 •

I stayed present during the boring parts of practice. The boring parts are where improvement actually happens.

• 167 •

I encouraged someone who was doubting themselves. I meant every word.

• 168 •

I updated my opinion when I got new information. I was willing to change my mind.

• 169 •

I kept my technique clean when the tempo increased. That's what hours of slow practice buys you.

• 170 •

I checked in on someone I hadn't spoken to in a while. I thought of them and I acted on it.

· 171 ·

I made a plan. Not a perfect plan. Just a direction. Something to move toward.

· 172 ·

I made the ensemble sound better by listening more than playing. That's musical intelligence.

· 173 ·

I made a healthy choice. Just one. That's how it starts.

· 174 ·

I chose not to compare myself to someone else today. I stayed in my own lane.

· 175 ·

I was grateful for something small. I noticed it. I let myself feel it. That's a practice and I practiced it.

• 176 •

I showed up for a friend who needed someone to just be there.
I was there.

• 177 •

I took a walk. I stepped outside. I gave myself that much and it
helped.

• 178 •

I accepted a correction gracefully and applied it immediately.
My teacher noticed.

• 179 •

I took responsibility for something instead of making excuses.
That felt like freedom.

• 180 •

I kept a promise I made to myself. Those are the hardest ones
to keep and the most important.

· 181 ·

I communicated with my teammate without words. We were in sync today in a way we haven't been before.

· 182 ·

I came up with a new idea today.

***One hundred and eighty-two
is just the beginning.***

Add your own.

Ask the question.

Answer it honestly.

Every day.

Thank you for reading.

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