

1 Minute Positive Statements

The grid is a large rectangle divided into a 30x10 grid of smaller squares. The columns are numbered 1 through 30 at the bottom. The rows are numbered 0 through 50 on the left side, with increments of 5 (0, 5, 10, 15, 20, 25, 30, 35, 40, 45, 50). The grid is intended for writing 1-minute positive statements.