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Experience the De La Torre Difference

De La Torre Orthotics and Prosthetics was founded in 1962 by a single practitioner meeting physician's requests for quality bracing in the Pittsburgh area. Manuel De La Torre relocated his family from Puerto Rico to begin the tradition of a family based business in the Pittsburgh
healthcare community. Manuel's innovative spirit continues today in both the design and delivery of quality orthotic, prosthetic, pedorthic and
pediatric solutions to meet the ever changing
healthcare environment.

Our patient relationships often begin at hospital level continuing with follow up at rehabilitation centers or our own clinical offices through the Pittsburgh area. Regardless where the relationship begins, we use a team approach involving physicians, therapists, nurses and family members to obtain your best results.

De La Torre Orthotics and Prosthetics serves Allegheny, Armstrong, Beaver, Butler, Clarion, Fayette, Greene, Indiana, Jefferson, Washington, and Westmoreland counties.

For more information about De La Torre visit our website at https://www.delatorreop.com or call 412-599-1105

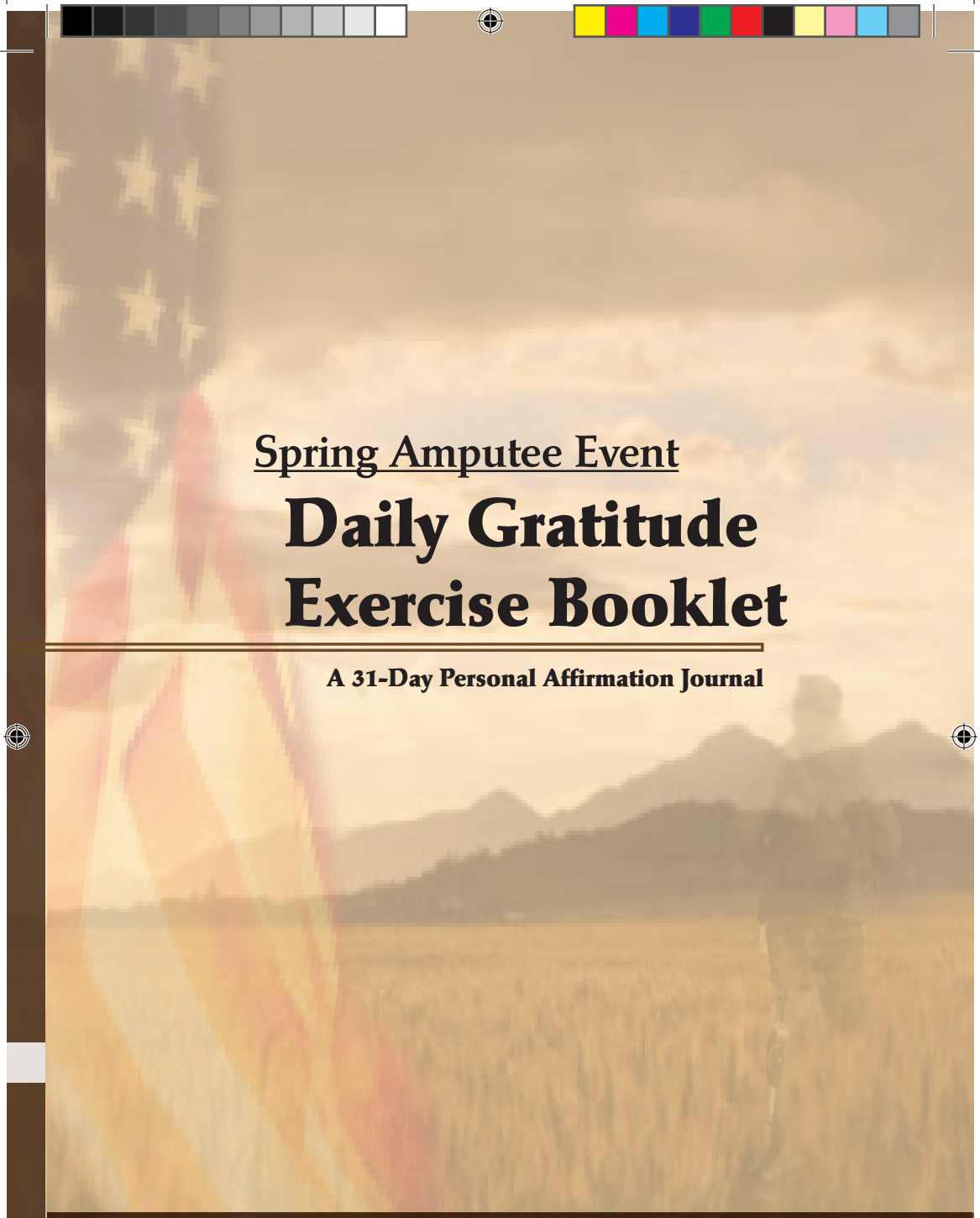
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Spring Amputee Event

Daily Gratitude Exercise Booklet

A 31-Day Personal Affirmation Journal

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What Motivates me...

_____

_____

_____

Insert Photo Here

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Goal

The following exercise should take you only five minutes a day but provide a long term change to how you perceive your life.

Developing gratitude for the positive aspects of your day will improve your mood, your outlook, and how you relate to others on a day-to-day basis.

By learning to clearly define what inspires and motivates you, you will learn to inspire others with your personal successes and personal growth.

"Keeping a personal journal a daily in-depth analysis and evaluation of your experiences is a high-leverage activity that increases self-awareness and enhances all the endowments and the synergy among them."—Stephen R.Covey

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Day One:

Morning Thoughts

I am grateful for:

1. _____
2. _____
3. _____

What would make today great:

1. _____
2. _____
3. _____

Daily Affirmation:

I am..._____

_____

Evening Thoughts

List three amazing things that happened today:

1. _____
2. _____
3. _____

How could I have made today better:

_____

_____

_____

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Day Two:

Morning Thoughts

I am grateful for:

1. _____
2. _____
3. _____

What would make today great:

1. _____
2. _____
3. _____

Daily Affirmation:

I am..._____

_____

Evening Thoughts

List three amazing things that happened today:

1. _____
2. _____
3. _____

How could I have made today better:

_____

_____

_____

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Day Three:

Morning Thoughts

I am grateful for:

1. _____
2. _____
3. _____

What would make today great:

1. _____
2. _____
3. _____

Daily Affirmation:

I am..._____

_____

Evening Thoughts

List three amazing things that happened today:

1. _____
2. _____
3. _____

How could I have made today better:

_____

_____

_____

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Day Four:

Morning Thoughts

I am grateful for:

1. _____
2. _____
3. _____

What would make today great:

1. _____
2. _____
3. _____

Daily Affirmation:

I am... _____

_____

Evening Thoughts

List three amazing things that happened today:

1. _____
2. _____
3. _____

How could I have made today better:

_____

_____

_____

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Day Five:

Morning Thoughts

I am grateful for:

1. _____
2. _____
3. _____

What would make today great:

1. _____
2. _____
3. _____

Daily Affirmation:

I am..._____

_____

Evening Thoughts

List three amazing things that happened today:

1. _____
2. _____
3. _____

How could I have made today better:

_____

_____

_____

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Day Six:

Morning Thoughts

I am grateful for:

1. _____
2. _____
3. _____

What would make today great:

1. _____
2. _____
3. _____

Daily Affirmation:

I am... _____

_____

Evening Thoughts

List three amazing things that happened today:

1. _____
2. _____
3. _____

How could I have made today better:

_____

_____

_____

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Day Seven:

Morning Thoughts

I am grateful for:

1. _____
2. _____
3. _____

What would make today great:

1. _____
2. _____
3. _____

Daily Affirmation:

I am..._____

_____

Evening Thoughts

List three amazing things that happened today:

1. _____
2. _____
3. _____

How could I have made today better:

_____

_____

_____

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Day Eight:

Morning Thoughts

I am grateful for:

1. _____
2. _____
3. _____

What would make today great:

1. _____
2. _____
3. _____

Daily Affirmation:

I am... _____

_____

Evening Thoughts

List three amazing things that happened today:

1. _____
2. _____
3. _____

How could I have made today better:

_____

_____

_____

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Day Nine:

Morning Thoughts

I am grateful for:

1. _____
2. _____
3. _____

What would make today great:

1. _____
2. _____
3. _____

Daily Affirmation:

I am..._____

_____

Evening Thoughts

List three amazing things that happened today:

1. _____
2. _____
3. _____

How could I have made today better:

_____

_____

_____

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Day Ten:

Morning Thoughts

I am grateful for:

1. _____
2. _____
3. _____

What would make today great:

1. _____
2. _____
3. _____

Daily Affirmation:

I am..._____

_____

Evening Thoughts

List three amazing things that happened today:

1. _____
2. _____
3. _____

How could I have made today better:

_____

_____

_____

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Day Eleven:

Morning Thoughts

I am grateful for:

1. _____
2. _____
3. _____

What would make today great:

1. _____
2. _____
3. _____

Daily Affirmation:

I am..._____

_____

Evening Thoughts

List three amazing things that happened today:

1. _____
2. _____
3. _____

How could I have made today better:

_____

_____

_____

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Day Twelve:

Morning Thoughts

I am grateful for:

1. _____
2. _____
3. _____

What would make today great:

1. _____
2. _____
3. _____

Daily Affirmation:

I am..._____

_____

Evening Thoughts

List three amazing things that happened today:

1. _____
2. _____
3. _____

How could I have made today better:

_____

_____

_____

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Day Thirteen:

Morning Thoughts

I am grateful for:

1. _____
2. _____
3. _____

What would make today great:

1. _____
2. _____
3. _____

Daily Affirmation:

I am... _____

_____

Evening Thoughts

List three amazing things that happened today:

1. _____
2. _____
3. _____

How could I have made today better:

_____

_____

_____

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Day Fourteen:

Morning Thoughts

I am grateful for:

1. _____
2. _____
3. _____

What would make today great:

1. _____
2. _____
3. _____

Daily Affirmation:

I am... _____

_____

Evening Thoughts

List three amazing things that happened today:

1. _____
2. _____
3. _____

How could I have made today better:

_____

_____

_____

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Day Fifteen:

Morning Thoughts

I am grateful for:

1. _____
2. _____
3. _____

What would make today great:

1. _____
2. _____
3. _____

Daily Affirmation:

I am..._____

_____

Evening Thoughts

List three amazing things that happened today:

1. _____
2. _____
3. _____

How could I have made today better:

_____

_____

_____

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Day Sixteen:

Morning Thoughts

I am grateful for:

1. _____
2. _____
3. _____

What would make today great:

1. _____
2. _____
3. _____

Daily Affirmation:

I am..._____

_____

Evening Thoughts

List three amazing things that happened today:

1. _____
2. _____
3. _____

How could I have made today better:

_____

_____

_____

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Day Seventeen:

Morning Thoughts

I am grateful for:

1. _____
2. _____
3. _____

What would make today great:

1. _____
2. _____
3. _____

Daily Affirmation:

I am..._____

_____

Evening Thoughts

List three amazing things that happened today:

1. _____
2. _____
3. _____

How could I have made today better:

_____

_____

_____

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Day Eighteen:

Morning Thoughts

I am grateful for:

1. _____
2. _____
3. _____

What would make today great:

1. _____
2. _____
3. _____

Daily Affirmation:

I am..._____

_____

Evening Thoughts

List three amazing things that happened today:

1. _____
2. _____
3. _____

How could I have made today better:

_____

_____

_____

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Day Nineteen:

Morning Thoughts

I am grateful for:

1. _____
2. _____
3. _____

What would make today great:

1. _____
2. _____
3. _____

Daily Affirmation:

I am..._____

_____

Evening Thoughts

List three amazing things that happened today:

1. _____
2. _____
3. _____

How could I have made today better:

_____

_____

_____

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Day Twenty:

Morning Thoughts

I am grateful for:

1. _____
2. _____
3. _____

What would make today great:

1. _____
2. _____
3. _____

Daily Affirmation:

I am..._____

_____

Evening Thoughts

List three amazing things that happened today:

1. _____
2. _____
3. _____

How could I have made today better:

_____

_____

_____

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Day Twenty-One:

Morning Thoughts

I am grateful for:

1. _____
2. _____
3. _____

What would make today great:

1. _____
2. _____
3. _____

Daily Affirmation:

I am... _____

_____

Evening Thoughts

List three amazing things that happened today:

1. _____
2. _____
3. _____

How could I have made today better:

_____

_____

_____

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Day Twenty-Two:

Morning Thoughts

I am grateful for:

1. _____
2. _____
3. _____

What would make today great:

1. _____
2. _____
3. _____

Daily Affirmation:

I am..._____

_____

Evening Thoughts

List three amazing things that happened today:

1. _____
2. _____
3. _____

How could I have made today better:

_____

_____

_____

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Day Twenty-Three:

Morning Thoughts

I am grateful for:

1. _____
2. _____
3. _____

What would make today great:

1. _____
2. _____
3. _____

Daily Affirmation:

I am..._____

_____

Evening Thoughts

List three amazing things that happened today:

1. _____
2. _____
3. _____

How could I have made today better:

_____

_____

_____

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Day Twenty-Four:

Morning Thoughts

I am grateful for:

1. _____
2. _____
3. _____

What would make today great:

1. _____
2. _____
3. _____

Daily Affirmation:

I am..._____

_____

Evening Thoughts

List three amazing things that happened today:

1. _____
2. _____
3. _____

How could I have made today better:

_____

_____

_____

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Day Twenty-Five:

Morning Thoughts

I am grateful for:

1. _____
2. _____
3. _____

What would make today great:

1. _____
2. _____
3. _____

Daily Affirmation:

I am..._____

_____

Evening Thoughts

List three amazing things that happened today:

1. _____
2. _____
3. _____

How could I have made today better:

_____

_____

_____

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Day Twenty-Six:

Morning Thoughts

I am grateful for:

1. _____
2. _____
3. _____

What would make today great:

1. _____
2. _____
3. _____

Daily Affirmation:

I am..._____

_____

Evening Thoughts

List three amazing things that happened today:

1. _____
2. _____
3. _____

How could I have made today better:

_____

_____

_____

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Day Twenty-Seven:

Morning Thoughts

I am grateful for:

1. _____
2. _____
3. _____

What would make today great:

1. _____
2. _____
3. _____

Daily Affirmation:

I am..._____

_____

Evening Thoughts

List three amazing things that happened today:

1. _____
2. _____
3. _____

How could I have made today better:

_____

_____

_____

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Day Twenty-Eight:

Morning Thoughts

I am grateful for:

1. _____
2. _____
3. _____

What would make today great:

1. _____
2. _____
3. _____

Daily Affirmation:

I am..._____

_____

Evening Thoughts

List three amazing things that happened today:

1. _____
2. _____
3. _____

How could I have made today better:

_____

_____

_____

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Day Twenty-Nine:

Morning Thoughts

I am grateful for:

1. _____
2. _____
3. _____

What would make today great:

1. _____
2. _____
3. _____

Daily Affirmation:

I am..._____

_____

Evening Thoughts

List three amazing things that happened today:

1. _____
2. _____
3. _____

How could I have made today better:

_____

_____

_____

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Day Thirty:

Morning Thoughts

I am grateful for:

1. _____
2. _____
3. _____

What would make today great:

1. _____
2. _____
3. _____

Daily Affirmation:

I am..._____

_____

Evening Thoughts

List three amazing things that happened today:

1. _____
2. _____
3. _____

How could I have made today better:

_____

_____

_____

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Day Thirty-One:

Morning Thoughts

I am grateful for:

1. _____
2. _____
3. _____

What would make today great:

1. _____
2. _____
3. _____

Daily Affirmation:

I am..._____

_____

Evening Thoughts

List three amazing things that happened today:

1. _____
2. _____
3. _____

How could I have made today better:

_____

_____

_____

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