

DAILY GRATITUDE

TODAY I'M FEELING

POSITIVE AFFIRMATIONS

--

I WILL LET GO OF

1

2

3

SOMETHING I'M PROUD OF

MORE OF THIS:

LESS OF THIS:

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MY FAVORITE MOMENT FROM THE DAY

TOMORROW I WILL FOCUS ON

MONTHLY INTENTION

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THIS MONTH'S INTENTION IS

HOW DO YOU FEEL?

HOW DO YOU WANT TO FEEL?

WHERE DO YOU WANT TO FOCUS YOUR ENERGY?

Notes

MONTHLY REFLECTION

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HIGHLIGHTS OF THE MONTH

- 1 _____
- 2 _____
- 3 _____

WHAT IS SOMETHING NEW YOU'VE LEARNED?

WHAT WERE SOME OF THE CHALLENGES YOU FACED?

WHAT IS THE BEST THING YOU HAVE DONE FOR YOURSELF THIS PAST MONTH?

HAPPY MOMENTS
