My daily journal

Date: __________________________

1. How am I feeling today? (ok to dump, but then get positive)

2. How can I feel better today?

3. What do I want to achieve today? (make a to-do list)

4. My current dreams: (big and small)

5. 1 dream step I’ll work on today:

6. Write at least 1 positive as-if. (like it’s already happened)

7. Gratitude: (write all the things you are feeling grateful about)

8. Affirmation: (today’s mantra)