

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)