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# DAILY *Journal*

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DATE:

TODAY I'M FEELING...

I'M GRATEFUL FOR...

THE BIGGEST CHALLENGES I HAVE TO DEAL WITH ARE...

I KNOW I CAN OVERCOME THEM BECAUSE...



★ MY GOALS FOR TODAY ARE... ★

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..... *Clear mind* .....

Use this section to get everything on your mind out on paper so that you can take the pressure off and feel more present, mindful and in charge.

