## JOURNAL PROMPTS

3 THINGS I AM GRATEFUL FOR:
3 POSITIVE AFFIRMATIONS FOR MY DAY:
3 GOALS I WANT TO ACHIEVE:

## JOURNAL PROMPTS

3 THINGS I LIKE ABOUT MYSELF:
HOW DO I FEEL TODAY?
HOW DOTT LLE TODAT:
HOW DO I WANT TO FEEL TODAY? WHAT CAN I DO TO GET THERE?
HOW DOT WANT TO FEEL TODAT! WHAT CAN TOO TO GET THERE: