

DAILY JOURNAL ENTRY

DATE:

MY REASON WHY IS

5 THINGS I'M GRATEFUL FOR

AFFIRMATION

I AM:

DAILY JOURNAL ENTRY CHECKLIST

- 5 things I'm grateful for
- 5 things I love about myself
- 5 things I love about my body
- 5 things I'm excited about
- 5 negatives into positives
- Daily affirmation
- My WHY
- My goals as "I will" not "I may/might"
- Personal development for the day is: