

What is your intention-setting focus?

I am grateful for...

I am grateful for...

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How do you want to feel?

I am... _____
(write a positive attribute you have or are working toward)

If you are journaling in the morning, visualize your day going successfully and describe it here. **If you are writing at the end of the day**, reflect on how the day went and write out how you would rescript any parts to be more successful.