

DAILY CHANGE

Journal

DATE: / /

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S M T W T F S

MORNING

TODAY I'M GRATEFUL FOR:

1. _____
2. _____
3. _____

TODAY'S GLASSES:



Mental



Physical



Emotional



Spiritual

MOOD



ANGRY



TIRED



NEUTRAL



HAPPY



EXCITED

TODAY'S INTENTIONS & PROMISES:

PRE-MEDITATION QUESTIONS:

POST-MEDITATION THOUGHTS:



TATE: MODERN MEDITATION

EVENING

**"No matter what happened today,
I am enough, I trust myself, and I
remember that my happiness is
my responsibility. And that is
wonderful."**

MY OWN AFFIRMATION:

PROMISES I KEPT TO MYSELF TODAY:

1.

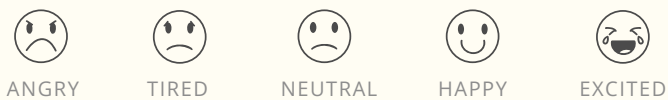
2.

3.

WATER INTAKE



MOOD



UNEXPECTED JOYS FROM TODAY:

WHAT I RESISTED TODAY:

WHAT I CHOOSE TO ACCEPT:



THE ART OF CONSCIOUS Writing

Don't worry about saying the right thing, misspellings, or making sense. Just put your thoughts on paper. Try to finish the page without pausing. This practice is most effective right before you sit down to meditate.