



EVENING JOURNAL

DATE: _____

S M T W T F S

THREE THINGS I AM GRATEFUL FOR TODAY:

**WHAT COULD HAVE GONE
BETTER TODAY:**

**THREE THINGS I DID TODAY THAT I
AM PROUD OF:**

MY FAVORITE THING TODAY:

**THREE POSITIVE THINGS I
SAID TO MYSELF TODAY:**

**TOMORROW I AM LOOKING FORWARD
TO:**
