

Daily Journal,

'I show up for myself'

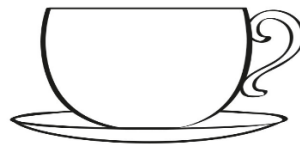
Today is _____

How are you feeling today? Take a moment to record any identified emotions here:

_____	_____
_____	_____



Mark or colour how full your cup is today



You need to feel it to heal it! Write down anything that is on your mind. Is there anything you are holding onto? What do you want to let go of?
