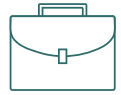


Workday Intentions

Journal Sheet



WHAT ARE THREE THINGS I ACCOMPLISHED TODAY, NO MATTER HOW SMALL?

WHAT IS ONE ASSUMPTION I HOLD ABOUT MYSELF, AND WHAT IS AN ALTERNATIVE VIEWPOINT I COULD EXPLORE?

WHAT DOES A MEANINGFUL LIFE LOOK LIKE TO ME, AND AN ACTIONABLE STEP CAN I TAKE TODAY TO MOVE CLOSER TO THAT VISION?

MY AFFIRMATION TODAY
