

Make Today Count

DAILY JOURNAL

THE DATE TODAY IS:

[Blank space for date]

AFFIRMATION: I AM...

[Blank space for affirmation]

I GIVE MYSELF PERMISSION TO:

[Blank space for permission]

I WILL NOURISH MYSELF TODAY BY...

[Blank space for nourishment]

TODAY I AM GRATEFUL FOR:

1.

2.

3.

4.

5.

[Large blank space for gratitude list]