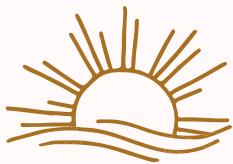


Journal Prompts



I am grateful for....

Today I get to:

Daily affirmation:

What went well today?



Tomorrow's intentions

1.

2.

3.

Weekly Reflection

This week I am grateful for...

What I learned this week...

Ways I grew this week...

Next week's affirmation

Next week's intentions

1.

2.

3.

