



MY
THOUGHTS

DATE

DAILY JOURNAL

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BRAIN DUMP

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DAILY JOURNAL

Daily Affirmation:

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Daily Intentions:

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Today I am grateful for:

1.
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2.
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3.
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Things I can do to make today great:

1.
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2.
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3.
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Great things that happened today:

1.
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2.
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3.
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Thoughts and Reflections

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DAILY JOURNAL

Date: ../../....

Today I appreciate

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Something that inspires me

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Today's affirmations

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Notes & Reminders

DAILY JOURNAL

Things I appreciate about today:

What can I learn from today's experiences?

Date: