

# JOURNAL PROMPTS

3 THINGS I AM GRATEFUL FOR:

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3 POSITIVE AFFIRMATIONS FOR MY DAY:

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3 GOALS I WANT TO ACHIEVE:

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# JOURNAL PROMPTS

3 THINGS I LIKE ABOUT MYSELF:

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HOW DO I FEEL TODAY?

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HOW DO I WANT TO FEEL TODAY? WHAT CAN I DO TO GET THERE?

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