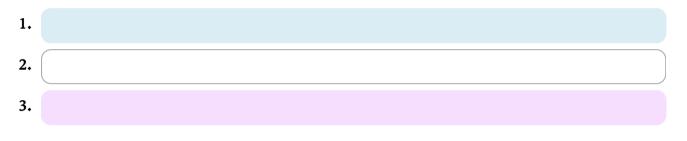
Mindfulness Journal

Date:

Today, I.m feeling	Positive Affirmations:

Today, I.m grateful for...



Something I.m proud of	

More of These:

Less of These:

 My favorite moment of the day...

 Tomorrow I look forward to...

Goal Setting Challenge

Date:

My Big Goal:	
Mini Goal #1:	Action Plan:
Deadline:	
Mini Goal #1:	Action Plan:
Deadline:	
Mini Goal #1:	Action Plan:
Deadline:	
Mini Goal #1:	Action Plan:
Deadline:	

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