



How to use your journal

Print out the cover page once

Print the other two pages for each day of journaling



Gratitude JOURNAL

Use Affirmations

Focus on nature

**Practice
mindfulness**

**Create a
joy jar**

Journal and reflect


Focus on breathing



Today's affirmation:



Today I'm grateful for:




Today I'm feeling:



Today's priorities:



More of this:



Less of that:



Journal:

A large white rectangular area containing 20 horizontal, wavy lines for writing.