Positive Affirmation Journal

MORNING
Daily affirmation:
EVENING REFLECTION
1-3 specific things that happened today related to my affirmation
(i.e., thoughts, accomplishments, events, people, etc.):
My manation to what between disades of feelings meaning descriptions).
My reaction to what happened today (feelings, memories, associations):
Through my use of this affirmation, today I learned:
Actions I will take to continue to align my thoughts and behavior with my affirmation:

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