

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 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: