

My Daily Routine

THINGS THAT I'M GRATEFUL FOR

AFIRMATIONS FOR THE DAY

READ THEM AGAIN AND TAKE A DEEP BREATH

Wellness Journal

Joyful things to do

Five empty rounded rectangular boxes for writing joyful things to do.

Things I'm Grateful For

A large rounded rectangular box with seven horizontal lines for writing things you are grateful for.

Note To Self

A large rounded rectangular box with seven horizontal lines for writing a note to self.

Reminder

A large rounded rectangular box with four bullet points and horizontal lines for writing reminders.

