

DAILY AFFIRMATIONS

THIS BOOK BELONGS TO:

DAILY AFFIRMATIONS

DATE: _____

S M T W T F S

TODAY'S AFFIRMATIONS

1. _____
2. _____
3. _____

TOP 3 PRIORITIES

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3 THINGS I'M GRATEFUL FOR

- 1.
- 2.
- 3.

MEAL PLANNER

BREAKFAST

LUNCH

DINNER

WATER



SELF CARE ACTIVITIES

- | | | |
|---|---|--------------------------|
| <input type="checkbox"/> REST / SLEEP | <input type="checkbox"/> EAT A WELL-BALANCED DIET | <input type="checkbox"/> |
| <input type="checkbox"/> TAKE A SHOWER OR BATH | <input type="checkbox"/> EXERCISE | <input type="checkbox"/> |
| <input type="checkbox"/> GET FRESH AIR AND SUNSHINE | <input type="checkbox"/> STAY HYDRATED | <input type="checkbox"/> |
| <input type="checkbox"/> LEARN SOMETHING NEW | <input type="checkbox"/> MEDITATE / JOURNAL | <input type="checkbox"/> |
| <input type="checkbox"/> READ A BOOK | <input type="checkbox"/> LISTEN TO A PODCAST | <input type="checkbox"/> |

NOTES & REFLECTIONS

WHAT WERE TODAY'S CHALLENGES? WHAT DID YOU LEARN? HOW DID YOU SUCCEED TODAY? HOW CAN TOMORROW BE BETTER?
