



Journal Challenge

Take time each morning to write one positive affirmation for the day. In the evening, write down one thing you accomplished.

MONDAY	TUESDAY
Date:	Date:

a.m.

p.m.

a.m.

p.m.



WEDNESDAY	THURSDAY
Date:	Date:

a.m.

p.m.



a.m.

p.m.

FRIDAY	SATURDAY / SUNDAY
Date:	Dates:

a.m.

p.m.

a.m.

p.m.



Print out as many pages as you'd like, and use the back of this page if you need more room.

