



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.		a.m.	
p.m.		p.m.	
WEDNESDAY		THURSDAY	
Date:		Date:	
a.m.		a.m.	
p.m.		p.m.	
FRIDAY		SATURDAY / SUNDAY	
Date:		Dates:	
a.m.		a.m.	
p.m.		p.m.	

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

