



DAILY
JOURNAL

SELF-DISCOVERY
& PERSONAL GROWTH

DAILY ROUTINE

Date: / /

Day:
S M T W T F S

Today, I am thankful for...

- 1.
- 2.
- 3.

My goal for today is...

- 1.
- 2.
- 3.

Positive thoughts I want to embrace today...

- 1.
- 2.
- 3.

DAILY GOALS CHECK-IN:

Goals Achieved:

Still Working On:

Focus for Tomorrow:

• Mood Tracker:

     (Circle the one that fits)

• Day Rating:

☆ ☆ ☆ ☆ ☆ (Circle how many stars you give)

• Intentions for Tomorrow:

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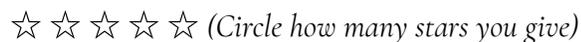
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