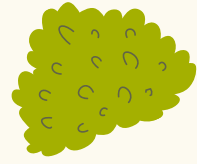




Weekly
REVIEW



WHAT HAVE I ACHIEVED?

WHAT HAVE I LEARNED?

WHAT IS MY FUTURE PLAN?

DAILY AFFIRMATION



S M T W T F S

DAILY POSITIVE AFFIRMATION

I'M GRATEFUL FOR

TOP GOALS

- -----
- -----
- -----

TODAY'S MANIFESTATION

NOTES



WRITE A LETTER OF APPRECIATION TO YOURSELF



Lined writing area for the first letter of appreciation.

Lined writing area for the second letter of appreciation.



GRATITUDE JOURNAL

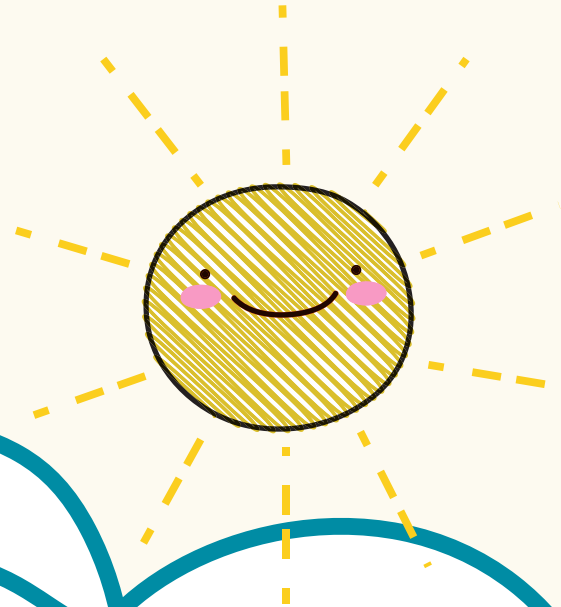
DATE

☀️ THINGS I AM GRATEFUL FOR TODAY..

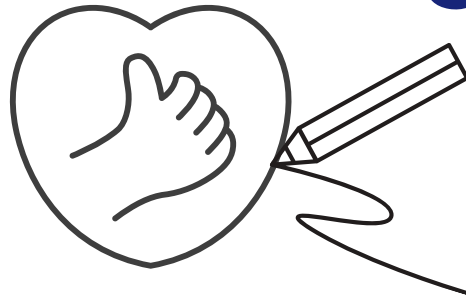
☀️ TODAY I AM PROUD OF..

☀️ TODAY'S AFFIRMATION IS...

DRAW 3 THINGS
YOU'RE **GRATEFUL**
FOR TODAY



My VISUAL JOURNAL



The best things that happened today:

Things I wish I can change about today:

I am proud of myself today because...

I think I still need to work on...

DRAWING CAN BE CALMING

Draw to ten to
calm yourself down



1

2

3

4

5

6

7

8

9

10

