

# My Journal

2026

THIS JOURNAL  
BELONGS TO:

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Date: / /

Intentions for today:

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I'm *grateful* for:

1.

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2.

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3.

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Affirmations:

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Something I want to  
remember from today:

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A proud moment  
from my day:

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Today I need to let go of:

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Sleep

Peace

Confidence

Water Intake

## Reflection