



# *My Journal*

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2026



THIS JOURNAL  
BELONGS TO:

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Date:     /     /

Intentions for today:

I'm *grateful* for:

1.

2.

3.

Affirmations:



Something I want to  
remember from today:

A proud moment  
from my day:

Today I need to let go of:

Sleep



Peace



Confidence



Water Intake



## This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal brown lines across a white background, typical of notebook or composition paper. There are no margins, text, or other markings present.