



Affirmations *Journal*



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Welcome

Welcome, seeker of self-discovery and inner harmony. May this journal serve as a vessel of inspiration on your journey towards unlocking the boundless potential within you.

Within these pages, you shall unearth the power of affirmations, magical incantations that can shift your very being towards a brighter tomorrow. With each stroke of the pen, your mind shall open to the beauty of positive thoughts, paving the path towards a life filled with wonder.

For the human mind is ever-changing, and as you inscribe these affirmations, you are calling your essence with the strength to recall them at will.

This journal is your sacred space, a realm of enchantment where you may inscribe your dreams, your goals, and the marvels you wish to achieve. Here, you shall remind yourself of the wonders that await and the reasons why they matter.

So let this be your call to action, dear seeker. Let us embark on this journey together, unlocking the magic within you, one affirmation at a time.



*Key words to describe my intentions
for the day*

1. _____

2. _____

3. _____

Personal influences

Someone who has made a significant positive impact on my life: What would you say to them today?



Three things
that I am
grateful for today

1. _____

2. _____

3. _____

What am I
looking forward
to this week

1. _____

2. _____

3. _____

Three best things that happened to
me today

1. _____

2. _____

3. _____



Five people I am grateful for in
my life (past & present)

1. _____

4. _____

2. _____

5. _____

3. _____

Five events or surrounds I am
grateful for (past & present)

1. _____

4. _____

2. _____

5. _____

3. _____



My gratitude & affirmation plan

I will:

Upon rising _____

During the day _____

Before the day ends _____

With my inner circle _____

Before I go to sleep _____

Gathering resources I am going to enlist:

An App called: _____

The practice of: _____

The support of: _____

Acts of kindness and compassion

Three people I would like to reach out to are:

1. _____

2. _____

3. _____

Reconnecting

Three people I felt disconnected from that I will reach out to:

1. _____

2. _____

3. _____



What have I enjoyed most in this journal

1. _____

2. _____

3. _____

If I can change my thoughts,
I can change anything

