



ONE PAGE A DAY



DAY **M T W T H F S S U** mood: 😄 😍 😊 😞 😫 Date: _____

BEST THING THAT HAPPENED TODAY

3 THINGS IM GRATEFUL FOR TODAY

1-
2-
3-

3 SELF-LOVE AFFIRMATIONS

1-
2-
3-

SOMETHING I COULD HAVE DONE BETTER TODAY

5 THINGS I WANT TO MANIFEST, CREAT, & EXPERIENCE

1-
2-
3-
4-
5-

