

10 Minute Affirmations Note

___/___/___

S M T W T H F S

What were your goals today

* _____
* _____
* _____
* _____
* _____

3 best things about today

✦ _____

Did you achieve your goals today?

I am grateful for



Things that you want to improve

_____ ✦
_____ ✦

Things that you learned

Pick an affirmation for today

