

GRATITUDE JOURNAL

TODAY I AM THANKFUL FOR
Gratitude

TODAY I WANT TO FEEL
Affirmations

TODAY I WILL ACCOMPLISH
Intentions

FOR MY FUTURE SELF I WILL
Manifest

Learn more at www.azaram.me

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TODAY I AM THANKFUL FOR

Gratitude

Brain dump everything you are grateful for.
Dig deeper. Be thankful for yourself for showing up.

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TODAY I WANT TO FEEL

Affirmations

Write out three things you want to feel today (accomplished, focused, productive, relaxed, etc.) then write out positive affirmations for the day.

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TODAY I WILL ACCOMPLISH

Intentions

What are three things you hope to accomplish today?

They don't have to be huge, just three doable tasks you know you can get done.

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FOR MY FUTURE SELF I WILL

Manifest

What action steps are you going to take to build habits to accomplish your long term goals?
