

# An opportunity to quiet your mind and go within every day.

How do you feel right now?



Good

Not Good

Date: \_\_\_\_\_

## *Morning*

Today I commit to...

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An affirmation I will repeat to myself today is...

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Because I am worthy, I will...

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Date: \_\_\_\_\_

## *Evening*

How do you feel right now?



Good

Not Good

What is one thing that went well today?

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Today, I am proud that I...

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Tomorrow, I hope to...

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