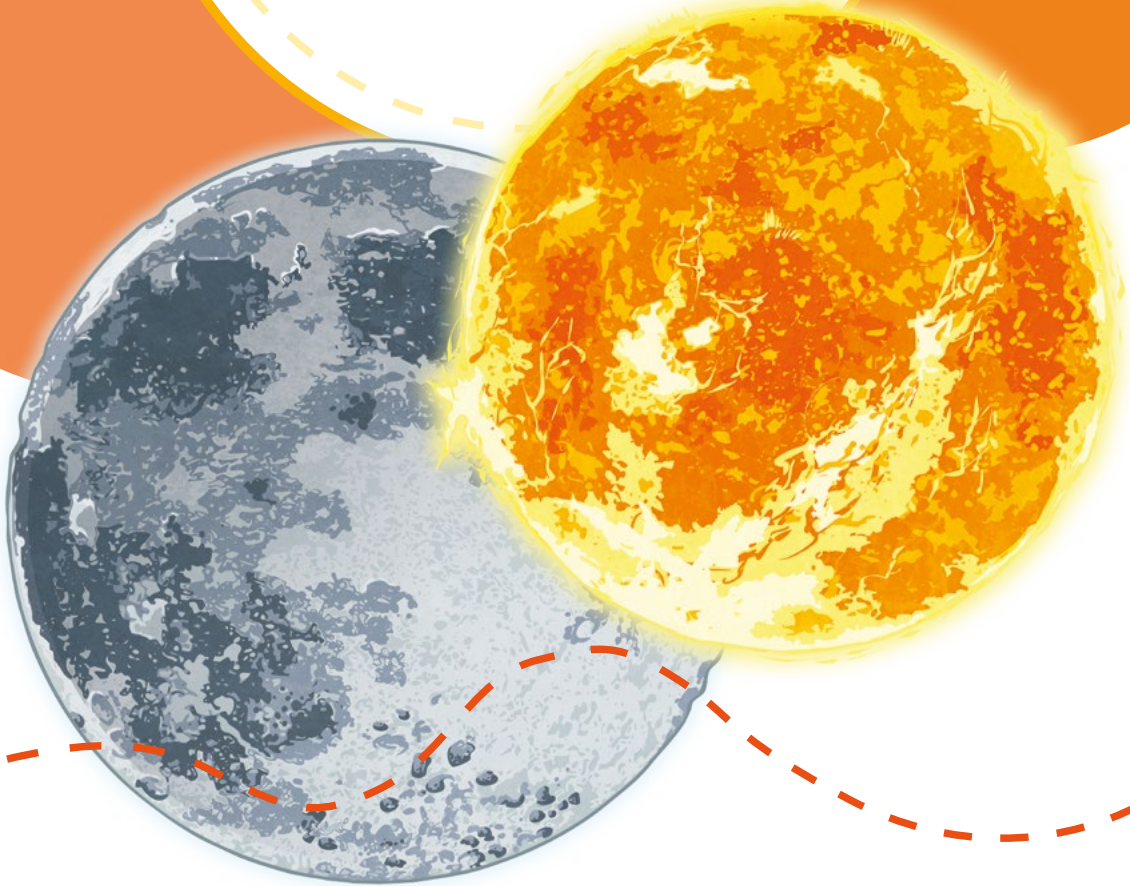




My Ten-Minute Journal



Answer these questions in the morning.



What was the highlight of my day?



What am I grateful for today?



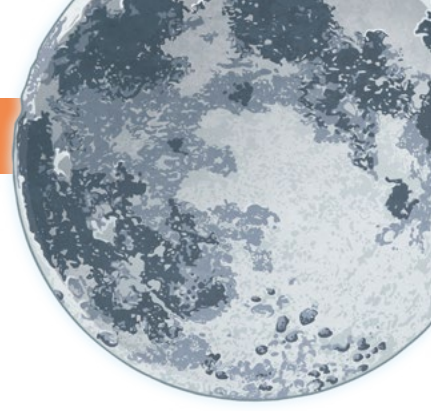
What emotions am I feeling that are helping me today?



What positive affirmation am I going to say today?



Answer these questions at the end of the day.



What was the highlight of my day?



What was my proudest moment today?



What was my biggest achievement today?



What positive effect did I have on other people today?



What did I learn today?

