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# Daily Journal

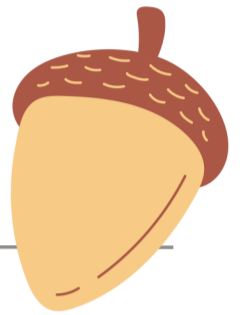


Date \_\_\_\_\_

Water Tracker



Today I am grateful for



- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Mood Tracker



Describe today in a drawing/stickers/colours



Weather Tracker



Thoughts & Reflections

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# Weekly Planner

## Manifest & Attract

I am aware and grateful for:

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My main intention for the week

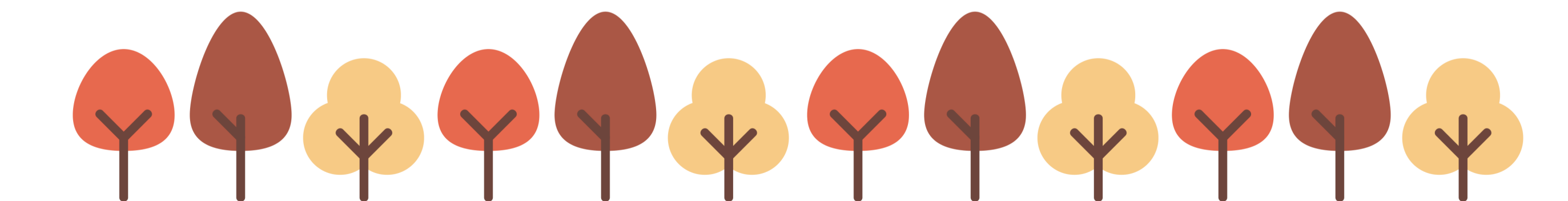
Affirmations for myself

Thoughts to meditate on

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# Vision Board



travel

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GOALS

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FAMILY

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hobbies

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CAREER

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RELATIONSHIPS

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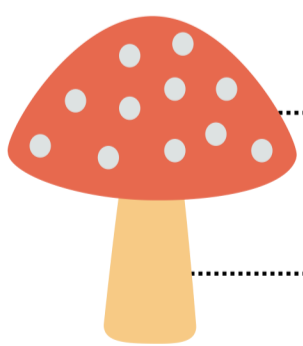


HEALTH

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money

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Do more of what you love





# MORNING MANTRA



I am capable, strong, and ready to take on the day.

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Today, I choose joy, peace, and positivity in all I do.

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I radiate confidence, love, and kindness in all interactions.

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I am in control of my thoughts, emotions, and actions today.

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I have everything I need to succeed within me.

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I welcome positivity into my life today and always.

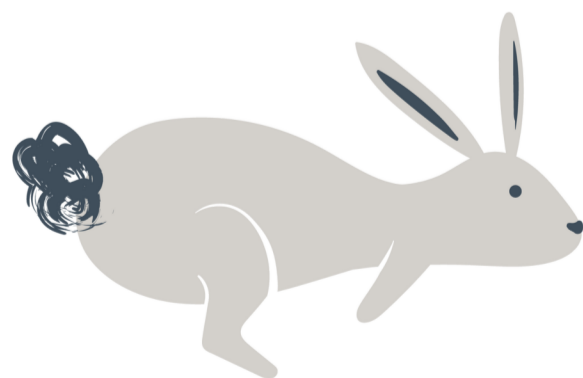
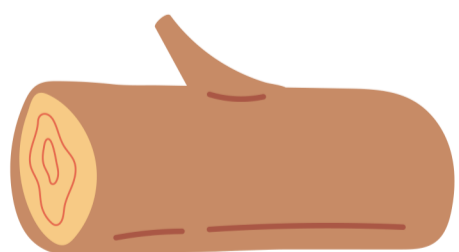
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My mind is clear, my heart is open, and I am ready to embrace the day.

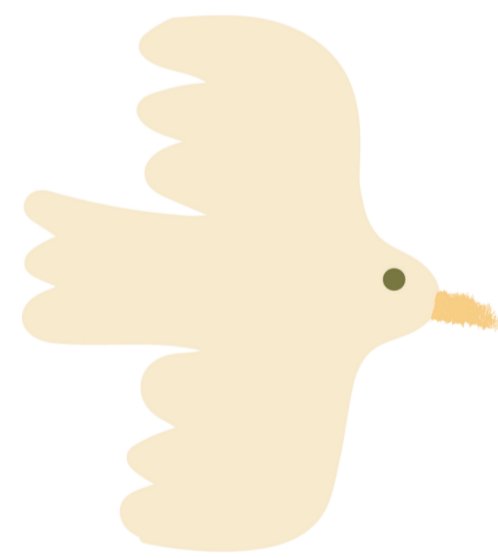
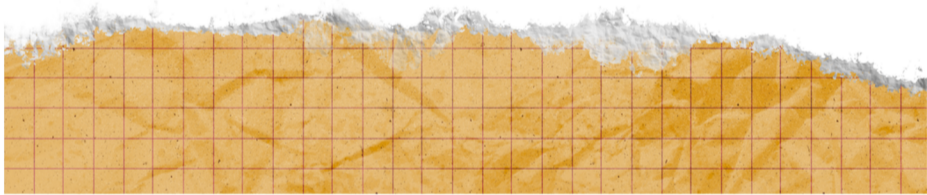
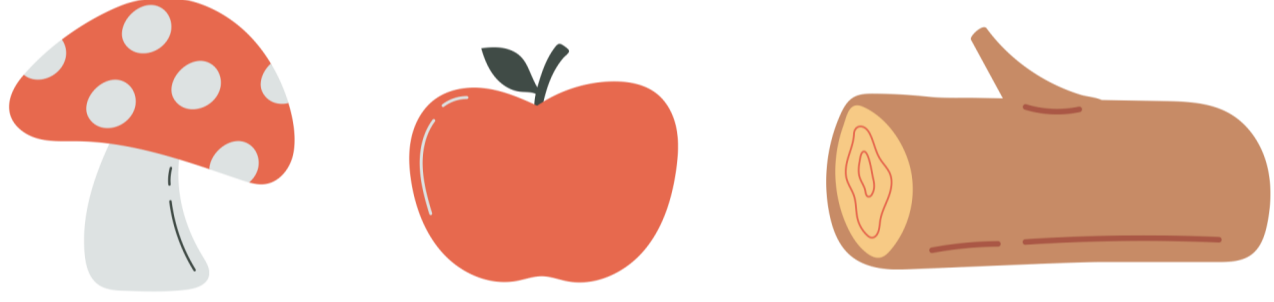
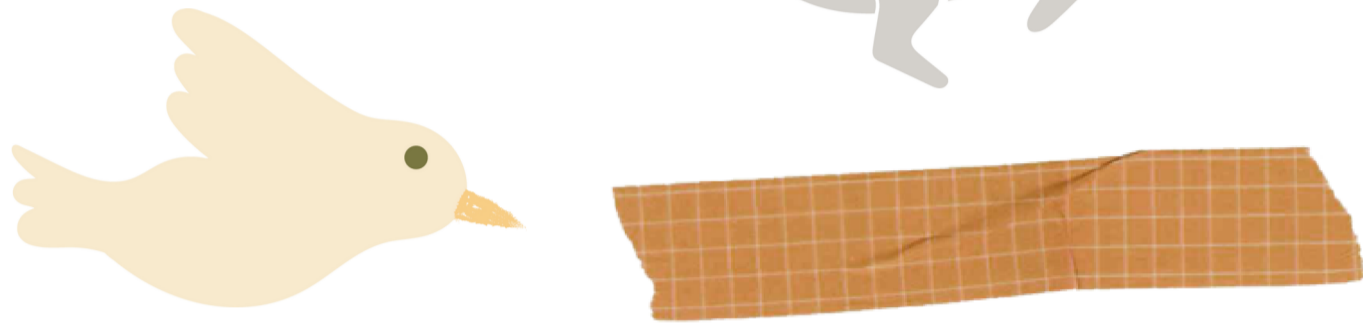
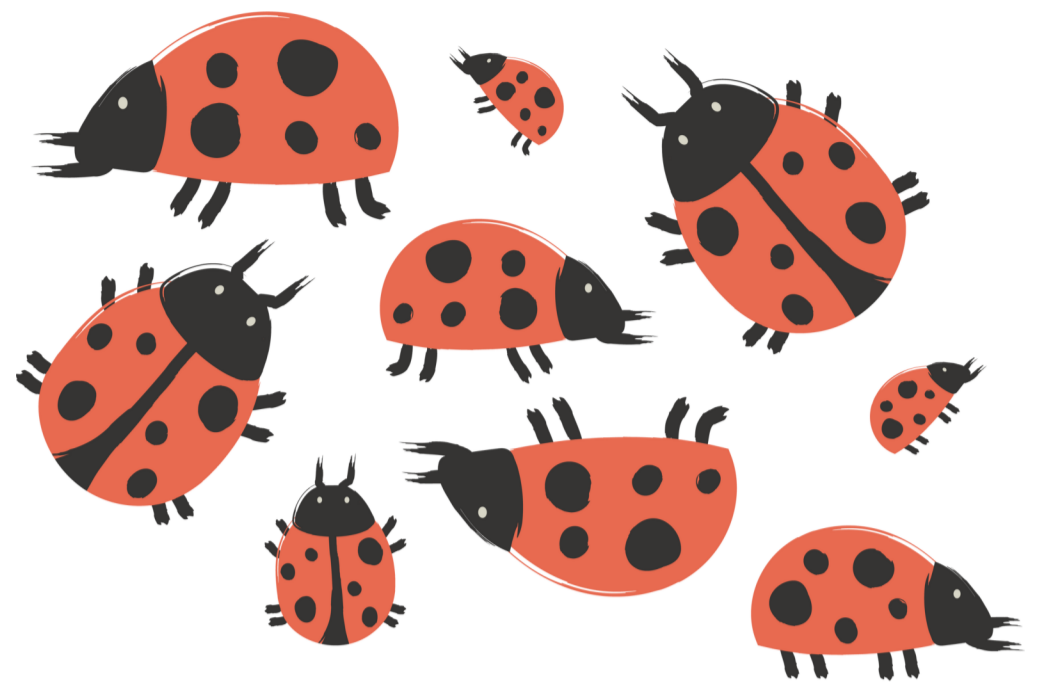
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I am resilient, and I embrace challenges as opportunities for growth.

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Choose or create a mantra that resonates deeply with you and reflects the mindset or attitude you wish to embody throughout your day. Repeat it to yourself as part of your morning routine, perhaps during meditation, while getting ready, or whenever it feels most effective for you. This repetition can help focus your mind and set a positive intention for the day ahead.



Hello  
Autumn

