



Daily *Journal*

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THIS BOOK
BELONGS TO:

MY DAILY *Task*

S M T W T F S

DATE:

Things To Do

☐☐☐☐☐☐☐☐

Notes

Priority

For Tomorrow

How are you
feeling today?

Things you are
grateful for :

1.

2.

3.

Today's
affirmations :

My mood today is...

☐ Calm

☐ Rested

☐ Creative

☐ Happy

☐ Angry

☐ Sad

☐ Anxious

☐ Playful

☐ _____

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