

# Transformation Journal



"Back to Life System"

4201 W HWY 146 ▪ LaGrange, KY 40031 ▪ (502) 241-1122  
[www.backtolifechiropracticky.com](http://www.backtolifechiropracticky.com)



**Plan now to use your Transformation Journal daily. The following ways will help you receive the maximum benefits from your journal.**

### **YEARLY**

- \*List successes, achievements and significant events from the following year**
- \*Write your GOALS for the upcoming year.**

### **MONTHLY**

- \*List your GOALS FOR THE MONTH.**

### **WEEKLY**

- \*For the current week, list your WEEKLY GOALS.**
- \*Write down each Small Group note and positive affirmation in the SMALL GROUP section.**
- \*Write down a Positive Emotion to work on.**
- \*At the end of each week, examine your goal list and check off those goals which you completed.**

### **DAILY**

#### **AT THE BEGINNING OF EACH DAY:**

- \*Write down an affirmation for the day to remember for that day (suggestions in the back of journal).**
- \*Set your goals for the day using the DAILY LIST TOP 10. (at the end of the journal).**

#### **AT THE END OF THE DAY:**

- \*Record goals you have achieved.**
- \*Write down any successes, positive achievements, and significant events or ideas.**
- \*Write down any positive things that have happened for that day.**
- \*List one thing that you are thankful for.**







YEARLY PLANNER 2023

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JANUARY	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
FEBRUARY	29	30	31	1	2	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
MARCH	26	27	28	1	2	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
APRIL	26	27	28	29	30	31	1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
MAY	23	24	25	26	27	28	29
	30	1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
JUNE	21	22	23	24	25	26	27
	28	29	30	31	1	2	3
	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	

YEARLY PLANNER 2023

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>JULY</b>							1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
<b>AUGUST</b>	30	31	1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31	1	2
<b>SEPTEMBER</b>	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
	1	2	3	4	5	6	7
<b>OCTOBER</b>	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	31	1	2	3	4
	<b>NOVEMBER</b>	5	6	7	8	9	10
12		13	14	15	16	17	18
19		20	21	22	23	24	25
26		27	28	29	30	1	2
<b>DECEMBER</b>		3	4	5	6	7	8
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
	31						



# January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				









Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

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**January 8-14**

**Weekly Goals**


Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

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*Monday*

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Wednesday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

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**January 15-21**

**Weekly Goals**


Positive Emotion

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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Monday *Write down Positive Affirmation for Day:*

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Tuesday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

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**January 22-28**

**Weekly Goals**


Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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Monday *Write down Positive Affirmation for Day:*

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Tuesday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

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**January 29-31**

**Weekly Goals**


Sunday *Write down Positive Affirmation for Day:*

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Monday *Write down Positive Affirmation for Day:*

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Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

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# February 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				











**February 5-11**

**Weekly Goals**

Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**February 12-18**

**Weekly Goals**


Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:


Monday *Write down Positive Affirmation for Day:*

Journal for Day:


Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:


Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**February 19-25**

**Weekly Goals**


Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*


Monday *Write down Positive Affirmation for Day:*

Journal for Day:


Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:


Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

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# March 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	









Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

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**March 12-18**

**Weekly Goals**

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Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

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Thursday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

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**March 19-25**

**Weekly Goals**

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Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday /Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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**March 26-31**

**Weekly Goals**

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Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:



# April 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						









**April 2-8**

**Weekly Goals**

1	8
2	9
3	10
4	11
5	12
6	13
7	14

Positive Emotions:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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Monday *Write down Positive Affirmation for Day:*

Journal for Day:

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Tuesday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**April 9-15**

**Weekly Goals**

1	8
2	9
3	10
4	11
5	12
6	13
7	14

Positive Emotions:

*Sunday Write down Positive Affirmation for Day:*

Journal for Day:

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*Monday Write down Positive Affirmation for Day:*

Journal for Day:

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*Tuesday Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**April 16-22**

**Weekly Goals**

1	8
2	9
3	10
4	11
5	12
6	13
7	14

Positive Emotions:

*Sunday Write down Positive Affirmation for Day:*

Journal for Day:

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*Monday Write down Positive Affirmation for Day:*

Journal for Day:

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*Tuesday Write down Positive Affirmation for Day:*

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Wednesday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

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**April 23-30**

**Weekly Goals**

1	8
2	9
3	10
4	11
5	12
6	13
7	14

**Positive Emotion**

*Sunday Write down Positive Affirmation for Day:*

**Journal for Day:**

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*Monday Write down Positive Affirmation for Day:*

**Journal for Day:**

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*Tuesday Write down Positive Affirmation for Day:*

**Journal for Day:**

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Wednesday *Write down Positive Affirmation for Day:*

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday/Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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# May 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			





**May 1-6**

**Weekly Goals**

1	8
2	9
3	10
4	11
5	12
6	13
7	14

Positive Emotion:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

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Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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**May 7-13**

**Weekly Goals**

1	8
2	9
3	10
4	11
5	12
6	13
7	14

Positive Emotion:

*Sunday Write down Positive Affirmation for Day:*

Journal for Day:

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*Monday Write down Positive Affirmation for Day:*

Journal for Day:

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*Tuesday Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**May 14-20**

**Weekly Goals**

1	8
2	9
3	10
4	11
5	12
6	13
7	14

Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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Monday *Write down Positive Affirmation for Day:*

Journal for Day:

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Tuesday *Write down Positive Affirmation for Day:*

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**May 21-27**

**Weekly Goals**

1	8
2	9
3	10
4	11
5	12
6	13
7	14

Positive Emotion:

*Sunday Write down Positive Affirmation for Day:*

Journal for Day:

*Monday Write down Positive Affirmation for Day:*

Journal for Day:

*Tuesday Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**May 28-31**

**Weekly Goals**

1	8
2	9
3	10
4	11
5	12
6	13
7	14

Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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Monday *Write down Positive Affirmation for Day:*

Journal for Day:

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Tuesday/Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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# June 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	







**June 1-3**

**Weekly Goals**

1	8
2	9
3	10
4	11
5	12
6	13
7	14

**Positive Emotion**

*Saturday Write down Positive Affirmation for Day:*

**Journal for Day:**

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*Thursday Write down Positive Affirmation for Day:*

**Journal for Day:**

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*Friday Write down Positive Affirmation for Day:*

**Journal for Day:**

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**June 4-10**

**Weekly Goals**

1	8
2	9
3	10
4	11
5	12
6	13
7	14

Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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Monday *Write down Positive Affirmation for Day:*

Journal for Day:

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Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Wednesday *Write down Positive Affirmation for Day:*

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**June 11-17**

**Weekly Goals**

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8

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12

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Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**June 18-24**

**Weekly Goals**

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12

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13

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14

Positive Emotions:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:



Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**June 25-30**

**Weekly Goals**

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8

2

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10

4

11

5

12

6

13

7

14

Positive Emotions:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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# July 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					





**July 1**

**Weekly Goals**


Positive Emotion:

*Saturday Write down Positive Affirmation for Day:*

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Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

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Wednesday *Write down Positive Affirmation for Day:*

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**July 16-22**

**Weekly Goals**

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8

2

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3

10

4

11

5

12

6

13

7

14

Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**July 23-29**

**Weekly Goals**

1	8
2	9
3	10
4	11
5	12
6	13
7	14

*Sunday Write down Positive Affirmation for Day:*

**Journal for Day:**

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*Monday Write down Positive Affirmation for Day:*

**Journal for Day:**

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*Tuesday Write down Positive Affirmation for Day:*

**Journal for Day:**

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Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday/Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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**July 30-31**

**Weekly Goals**

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2

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4

11

5

12

6

13

7

14

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:



# August 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		







Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**August 6-12**

**Weekly Goals**

1

8

2

9

3

10

4

11

5

12

6

13

7

14

Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**August 13-19**

**Weekly Goals**

1	8
2	9
3	10
4	11
5	12
6	13
7	14

Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:



Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**August 20-26**

**Weekly Goals**

1	8
2	9
3	10
4	11
5	12
6	13
7	14

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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Monday *Write down Positive Affirmation for Day:*

Journal for Day:

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Tuesday *Write down Positive Affirmation for Day:*

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Wednesday *Write down Positive Affirmation for Day:*

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**August 27-31**

**Weekly Goals**

1	8
2	9
3	10
4	11
5	12
6	13
7	14

*Sunday Write down Positive Affirmation for Day:*

**Journal for Day:**

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*Monday Write down Positive Affirmation for Day:*

**Journal for Day:**

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*Tuesday / Wed Write down Positive Affirmation for Day:*

**Journal for Day:**

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Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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# September 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30







**September 1-2**

**Weekly Goals**

1

8

2

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3

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4

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5

12

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13

7

14

Positive Emotion:

*Friday Write down Positive Affirmation for Day:*

Journal for Day:

*Saturday Write down Positive Affirmation for Day:*

Journal for Day:

**September 3-9**

**Weekly Goals**

1

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2

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3

10

4

11

5

12

6

13

7

14

Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**September 10-16**

**Weekly Goals**

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Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**September 17-23**

**Weekly Goals**

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Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**September 24-30**

**Weekly Goals**

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Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday / Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:



Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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# October 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				





**October 1-7**

**Weekly Goals**

1

8

2

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Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**October 8-14**

**Weekly Goals**

1	8
2	9
3	10
4	11
5	12
6	13
7	14

Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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Monday *Write down Positive Affirmation for Day:*

Journal for Day:

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Tuesday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

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**October 15-21**

**Weekly Goals**

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Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**October 22-28**

**Weekly Goals**

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Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:



**October 29-31**

**Weekly Goals**

1

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2

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10

4

11

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12

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13

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14

Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

# November 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		











Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**November 12-18**

**Weekly Goals**

1	8
2	9
3	10
4	11
5	12
6	13
7	14

Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**November 19-25**

**Weekly Goals**

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Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**November 26-30**

**Weekly Goals**

1	8
2	9
3	10
4	11
5	12
6	13
7	14

Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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Monday *Write down Positive Affirmation for Day:*

Journal for Day:

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Tuesday *Write down Positive Affirmation for Day:*

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Wednesday *Write down Positive Affirmation for Day:*

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Thursday *Write down Positive Affirmation for Day:*

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# December 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Group Meeting Notes

December 1-2

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December 3-9

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December 10-16

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December 17-23

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December 24-31

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Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

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Wednesday *Write down Positive Affirmation for Day:*

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

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Wednesday *Write down Positive Affirmation for Day:*

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday / Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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## AFFIRMATIONS

You are healthy and strong  
All guilt, resentment, and blame are gone  
You dwell in the power of the living God, the great God, the all powerful God  
I love God and surrender to his power  
I accept him, love him, and cherish him  
I love the me found in God  
I'm alive in God's perfect image of me  
In God's power I can control my present and future  
I am strong in the spirit of God  
I understand how life works and become better at succeeding  
I am in complete control of my mind and body  
Anytime I choose I can reflect on the power of God given to me to break any negative cycle immediately  
I choose joy in God  
I choose health in God  
I love God, I love myself as he loves me  
I perceive God mentally, physically, and emotionally  
You exist in God's perfect image  
You are a child of God created in his image  
You have access to unlimited peace power and joy  
You are cleansed of all negativity  
God's holiness and purity dwell in you  
You are surrounded by God's magnificent and powerful energy  
Peace and love flow through your body  
I am living and breathing his peace and love  
God is ever present and all knowing  
His power and light is always available to you  
I am a child of the living God created in his image  
I am secure in my faith of God  
I rest in my faith  
I am calm in my faith  
His light shines on me  
I am at peace  
You exist in Gods perfect image  
You are a child of God created in his image  
You have access to unlimited peace power and joy  
You are cleansed of all negativity  
God's holiness and purity dwell in you  
You are surrounded by Gods magnificent and powerful energy  
Peace and love flow through your body  
I am living and breathing his peace and love  
God is ever present and all knowing  
His power and light is always available to you  
I am a child of the living God created in his image  
I am secure in my faith of God  
I rest in my faith  
I am calm in my faith  
His light shines on me  
I am at peace

## AFFIRMATIONS

I feel God's serenity in my soul  
God's peace dwells in me  
I feel God's eternal love and peace in me  
I easily adapt to any situation  
God's glory fills the earth  
God's glory makes me happier and healthier every day  
I can feel his glory all around me  
I accept and embrace whole heartedly the word of God  
I love to read Gods holy word  
I replace negative thoughts with the word of God  
I love to fill my mind with the word of God  
I see things with humor, I am happy and joyful  
God's power is in me  
I am loving and respectful  
I love God with all my heart, with all my soul, and with all my mind  
I am whole and complete with God  
My inner senses are open to the spirit of God  
You are healthy and strong  
All guilt, resentment, and blame are gone  
You dwell in the power of the living God, the great God, the all powerful God  
I love God and surrender to his power  
I accept him, love him, and cherish him  
I love the me found in God  
I'm alive in God's perfect image of me  
In Gods power I can control my present and future  
I am strong in the spirit of God  
I understand how life works and become better at succeeding  
I am in complete control of my mind and body  
Anytime I choose I can reflect on the power of God given to me to break any negative cycle immediately  
I choose joy in God  
I choose health in God  
I love God, I love myself as he loves me  
I perceive God mentally, physically, and emotionally  
I am fully aware of Gods presence in my life  
I am becoming healthier and stronger in God everyday  
My self esteem grows daily because his presence grows in me everyday  
I release all negative feelings  
I cancel and reject any negative feeling and emotion, instead my mind is completely focused on the glory of God  
and his image in Jesus Christ  
I often visualize the power of God flowing through me enhancing my talents and abilities  
I see the world as God sees it, filled with his glory  
God is great  
I am more and more confident in God's power everyday  
God is my source of loving, powerful energy. He strengthens me more and more everyday  
I learn to grow with every situation in life and live my life to the fullest  
I am filled with positive expectation when I pray and live my life for God  
With God all things are possible. I am optimistic and confident in God. I love God.  
I am happy in the preference of God. I love being with God  
In the spirit of God I am warm, friendly, loving, and loveable

## AFFIRMATIONS

I can do all things though Christ who loves me  
I am not conformed to this world, instead my mind is renewed by the spirit of God who dwells in me  
It is through his spirit I know the perfect will of God  
His spirit brings safety, security, and counsel  
I can see and hear God because I take time out everyday to focus my mind on his holy spirit. I love doing this because his spirit becomes alive in me  
In his spirit I am positive, I am calm, and at peace with God  
His spirit dwells in me  
I have supernatural concentration  
I think in the mind of God  
My mind is always focused on the things of God as they pertain to my life  
Christ said he has overcome the world. And everything in the world is his  
I have complete dominion over my life, my mind, my body, and even the world.  
He said I would do greater things than he.  
I now celebrate this realization rejoicing in the spirit of God, thank you God  
Everyday the spirit of God transforms me more and more to his likeness  
You are positive and confident in the spirit of God  
Deep down you know that living in God's power, love, and wisdom is possible  
All positive changes are taking place right now  
Opportunity and possibility has opened for you  
You are adaptive and flexible  
You have the ability to make anything into a positive experience  
You are a child of the living God  
You are endowed with grace and power from his throne  
You are now aware of your unlimited potential  
With God all things are possible  
You now feel the power of God, his peace, and his instruction  
You now have more assurance in the spirit of God than ever before  
You are becoming more confident and positive in the spirit of God each day  
You are becoming more motivated and assertive each day  
You have a thirst for the word of God and enjoy learning by following his instruction  
The Holy Spirit is alive in you now. You can feel it, it is the spiritual movement of God within you.  
Your spiritual senses are fully awake and sensitive to the spirit of God within  
The more you feel and enjoy the presence of God, the more real it becomes  
You are the walking, talking, spirit of God, all peace, love, and knowledge dwell in you now  
You enjoy experiencing God this way, it gives you a great deal of joy, and peace radiates from you  
People can feel God's peace radiating from you. This is how you've chosen to live your life and you operate beautifully  
I take time to meditate on the word of God  
The word of God is beautiful to me  
I enjoy spending time with God  
My time with God is filled with His holy presence and it gives me peace  
I love spending time with God  
Every time I read the word of God I feel the Holy Spirit light up in me  
The Holy Spirit gives me fresh revelation everyday  
I love to think in the Holy Spirit  
The Holy Spirit is the mind of God  
I have the mind of God  
I have the mind of Christ, in him knowledge is revealed  
I am a child of the living God  
I am created in his image  
I can feel God's loving and peaceful presence in me  
I have a loving and grateful heart toward God



## AFFIRMATIONS

You are becoming more confident and positive in the power of God each day  
Your strength comes from God  
You are now very aware of the power of God within you; you can see it and feel it  
You are falling in love with your life because God is in all things  
God is everywhere  
You are free in the spirit of God. Your mind is filled with his power  
Your memory is unlimited. You have a supernatural ability to remember  
You know the spirit of God dwells in you. This is your new reality  
You walk in the spirit  
You talk in the spirit  
You think in the spirit  
You are made whole and new in the spirit  
You love to pray  
You love to study the word of God  
In Christ you are one body and one mind

**Daily List  
2023**

make multiple copies

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**Affirmation:**

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**Positive Emotion:**

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**Daily List  
2023**

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**Affirmation:**

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**Positive Emotion:**

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