

Make Every
Day Great

Monday

Date: _____

TODAY I AM GRATEFUL FOR:

TODAY'S GOAL:

TODAY'S PRIORITIES:

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TODAY'S THOUGHTS:

I have a strong will, and I can achieve anything I set my mind to.

TODAY'S AFFIRMATIONS:

- I AM _____
- I AM _____
- I AM _____
- I AM _____
- I AM _____

Tuesday

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TODAY I AM GRATEFUL FOR:

TODAY'S GOAL:

TODAY'S PRIORITIES:

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TODAY'S THOUGHTS:

I am confident. Fear and anxiety have no place in my life.

TODAY'S AFFIRMATIONS:

- I AM _____
- I AM _____
- I AM _____
- I AM _____
- I AM _____

Wednesday

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TODAY I AM GRATEFUL FOR:

TODAY'S GOAL:

TODAY'S PRIORITIES:

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TODAY'S THOUGHTS:

I am important enough to focus on self-love and empowerment.

TODAY'S AFFIRMATIONS:

- I AM _____
- I AM _____
- I AM _____
- I AM _____
- I AM _____

Thursday

Date: _____

TODAY I AM GRATEFUL FOR:

TODAY'S GOAL:

TODAY'S PRIORITIES:

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TODAY'S THOUGHTS:

Today I choose happiness.

TODAY'S AFFIRMATIONS:

- I AM _____
- I AM _____
- I AM _____
- I AM _____
- I AM _____

Friday

Date: _____

TODAY I AM GRATEFUL FOR:

TODAY'S GOAL:

TODAY'S PRIORITIES:

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TODAY'S THOUGHTS:

I am absolutely worthy of every good thing that has happened to me.

TODAY'S AFFIRMATIONS:

- I AM _____
- I AM _____
- I AM _____
- I AM _____
- I AM _____

Saturday

Date: _____

TODAY I AM GRATEFUL FOR:

TODAY'S GOAL:

TODAY'S PRIORITIES:

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TODAY'S THOUGHTS:

I am strong.

TODAY'S AFFIRMATIONS:

- I AM _____
- I AM _____
- I AM _____
- I AM _____
- I AM _____

Sunday

Date: _____

TODAY I AM GRATEFUL FOR:

TODAY'S GOAL:

TODAY'S PRIORITIES:

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TODAY'S THOUGHTS:

I have the power to create change.

TODAY'S AFFIRMATIONS:

- I AM _____
- I AM _____
- I AM _____
- I AM _____
- I AM _____

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TODAY'S THOUGHTS:

I choose to feel certain in times of uncertainty, knowing that life always works out.

TODAY'S AFFIRMATIONS:

- I AM _____
- I AM _____
- I AM _____
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TODAY'S THOUGHTS:

I dream big dreams, and I have what it takes to make them a reality.

TODAY'S AFFIRMATIONS:

- I AM _____
- I AM _____
- I AM _____
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- I AM _____

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TODAY'S THOUGHTS:

I see adventure in every part of the journey.

TODAY'S AFFIRMATIONS:

- I AM _____
- I AM _____
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TODAY'S THOUGHTS:

I am in control of what happens to me. I will not be defined by my worried thoughts.

TODAY'S AFFIRMATIONS:

- I AM _____
- I AM _____
- I AM _____
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- I AM _____

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TODAY'S THOUGHTS:

I am strong, brave and confident.

TODAY'S AFFIRMATIONS:

- I AM _____
- I AM _____
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- I AM _____

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TODAY'S THOUGHTS:

At this moment, I choose to feel calm and peaceful. Everything is unfolding as it should.

TODAY'S AFFIRMATIONS:

- I AM _____
- I AM _____
- I AM _____
- I AM _____
- I AM _____

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TODAY'S THOUGHTS:

I am deeply grateful for all of the little and great things in life.

TODAY'S AFFIRMATIONS:

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- I AM _____
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TODAY'S THOUGHTS:

I radiate kindness and I am free of all judgement, comparison & expectations.

TODAY'S AFFIRMATIONS:

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TODAY'S THOUGHTS:

*I am creating my brilliant reality
with every powerful word &
thought.*

TODAY'S AFFIRMATIONS:

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TODAY'S THOUGHTS:

My self care is worth making time for.

TODAY'S AFFIRMATIONS:

- I AM _____
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TODAY'S GOAL:

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TODAY'S THOUGHTS:

A little extra effort will yield big results.

TODAY'S AFFIRMATIONS:

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TODAY'S THOUGHTS:

I surround myself with people who bring out the best in me.

TODAY'S AFFIRMATIONS:

- I AM _____
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TODAY'S THOUGHTS:

I recognize the many good qualities that I have.

TODAY'S AFFIRMATIONS:

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TODAY'S THOUGHTS:

Whatever I decide to do, I will be sure it makes me happy.

TODAY'S AFFIRMATIONS:

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TODAY'S THOUGHTS:

*I am grateful for this body
which has served me well so far.*

TODAY'S AFFIRMATIONS:

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TODAY'S THOUGHTS:

I am content with what I have.

TODAY'S AFFIRMATIONS:

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TODAY'S THOUGHTS:

I live... I laugh... I love... even when it's hard.

TODAY'S AFFIRMATIONS:

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TODAY'S THOUGHTS:

My past brought me to where I am. I am proud of that fact.

TODAY'S AFFIRMATIONS:

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TODAY'S THOUGHTS:

I refuse to compare myself to others. I am unique and perfect just as I am in this moment.

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TODAY'S THOUGHTS:

I am living in alignment with my purpose.

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TODAY'S THOUGHTS:

I do not dwell on others' thoughts of me. I know who I am and where I am going in life.

TODAY'S AFFIRMATIONS:

- I AM _____
- I AM _____
- I AM _____
- I AM _____
- I AM _____