



Name _____
Date _____

Note
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TO MYSELF
you are

MONDAY





TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

TODAY I AM FEELING

				
MONDAY	worried	loved	beautiful	happy
TUESDAY	worried	loved	beautiful	happy
WEDNESDAY	worried	loved	beautiful	happy
THURSDAY	worried	loved	beautiful	happy
FRIDAY	worried	loved	beautiful	happy

	how many times I want to meditate	how many times I meditated
	how many times I want to exercise	how many times I exercised



I am an amazing woman.

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I am beautiful inside out.

I am strong and powerful.



how much water did I drink



MONDAY

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TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



DAILY AFFIRMATION

Monday

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Tuesday

Wednesday

Thursday

Friday
