

The 5 Minute Journal

Day _____

AM Journal

1. Write down your health declarations and/or daily affirmations.

2. I am grateful for...

3. What would make today great?

4. Visualization

Take a few minutes and visualize yourself achieving this goal. Instead of thinking about the goal, think and see yourself as you've accomplished it. Feel it as a certainty that you have achieved it. What will you hear? How will you talk to yourself when you are there?

PM Journal

1. Amazing things that happened today...

2. How could I have made today better?
