pensio

Daily Affirmation Journal

5 min

Rewire your inner dialogue — write affirmations that anchor confidence and self-belief.

SECTION 1

Today's affirmation:

> I am...

SECTION 2

What quality in myself am I choosing to see today?

SECTION 3

One thing I did well recently that proves this affirmation:

SECTION 4

An old story I'm letting go of:

SECTION 5

How I want to feel by the end of today:

SECTION 6

Rewrite your affirmation 3 times:

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