

Date: \_\_\_\_\_

# ONE-A-DAY JOURNALING

## Settle Your Body

- Take a deep breath
- Put your hands on your heart and say "I'm okay, I'm safe, I'm loved"
- What's one thing you can

See \_\_\_\_\_

Hear \_\_\_\_\_

Touch \_\_\_\_\_

- In one word, I feel...\_\_\_\_\_
- I deserve a High 5 today because

\_\_\_\_\_

- The next time you pass a mirror, prove it. Give yourself a High 5!

## Clear your mind

Write down or draw your thoughts. This space is yours!

Date: \_\_\_\_\_

# ONE-A-DAY JOURNALING

**Write down 5 goals (for today or your lifetime)**

Dream with the lid off! no goal is too big!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Break these goals down into small steps...**