

MY HOORAY! JOURNAL

DATE: _____

S M T W T F S

TODAY I'M PROUD OF MYSELF FOR DOING/ THINKING/ FEELING

- _____
- _____
- _____

WATER INTAKE



WEATHER



NOTES / REMINDERS

TODAY'S AWESOME AFFIRMATION

- _____
- _____
- _____
- _____

SOMETHING I'M GRATEFUL FOR

- _____
- _____
- _____
- _____

TOMORROW I LOOK FORWARD TO

- _____
- _____
- _____
- _____

