

Evening Journal

Date: _____

Affirmations:

Write down "I am" or "I have" statements. Describe things you want as if you already have them, no matter how outlandish or ridiculous they seem to you.

Gratitude:

List something that happened today that you are grateful for.

What went well today:

List your successes today. It can be something as small as getting out of bed, or as big as nailing a presentation at work. Everything matters!

What could've gone better today:

Anything that could've gone better. You wish you had stuck to a certain goal; someone didn't make an effort to listen to you, etc.

How can I make tomorrow successful?

Take a moment to plan for tomorrow.

