

P.M. Thrive Journal

What Went Well Today?

I Am Looking Forward To...

Tomorrow I Will
Practice Self-Care
In The Form Of...

- Journaling
- Affirmations
- Meditation
- Movement
- Reading
- _____
- _____

I feel...

Affirmations

Create the life you cant wait to wake up to.

-Josie Spinardi

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What Went Well Today?

Did you make it to work on time? Did you eat a healthy breakfast? It doesn't have to be life changing to be important.

Tomorrow I Will Practice Self-Care In The Form Of...

Use the suggestions I listed or the spaces provided to write down your own ideas. Just commit to making it happen tomorrow.

I feel...

Check in with your emotions. Remember that whatever you're feeling is okay.

I Am Looking Forward To...

I like to always have something to look forward to. Sometimes it's an upcoming trip to the beach. Sometimes it's as simple as a vanilla iced latte.

- Journaling
- Affirmations
- Meditation
- Movement
- Reading
- _____
- _____

Affirmations

These are positive statements about yourself that are true, but maybe not on a conscious level yet. Read more about affirmations in The Yogic Encyclopedia at ananda.org.

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-Josie Spinardi