

DAILY JOURNAL

1. What's one small thing you're grateful for today?
2. What's one thing you learned about yourself this week?
3. What's a goal you're working toward, and what's one step you can take today to get closer to it?
4. How did you handle a challenge today, and what did you learn from it?
5. Who or what helped you today, and how can you show appreciation for it?

Monday	Select Prompt: 1 2 3 4 5 or Write Your Own:
Tuesday	Select Prompt: 1 2 3 4 5 or Write Your Own:
Wednesday	Select Prompt: 1 2 3 4 5 or Write Your Own:
Thursday	Select Prompt: 1 2 3 4 5 or Write Your Own:
Friday	Select Prompt: 1 2 3 4 5 or Write Your Own:

WEEKLY QUOTE: "I AM THE MASTER OF MY FATE: I AM THE CAPTAIN OF MY SOUL."

WILLIAM ERNEST HENLEY