

A thought shared

Journalling is invaluable in helping you organise your thoughts and clear your mind. There are many techniques and methods for journalling, you can check some top techniques [here](#), and get started using the template below. Just jot down your thoughts regularly, letting whatever comes to mind out and into your journal.

Don't overthink it, but try to get into a routine and stick to it. Use a moment in your day as a trigger such as when you first switch on your computer for the day, or after you have dropped the kids off at school. Take just 5 minutes to yourself to let your thoughts flow onto the page.

I AM

Blank writing area for the first prompt.

TODAY I FEEL

Blank writing area for the second prompt.

I FEEL PROUD OF

Blank writing area for the third prompt.

TODAY I WILL ACHIEVE

Blank writing area for the fourth prompt.

DAILY AFFIRMATION
EXAMPLE

Daily affirmations are positive statements that you can use to remind yourself of the mindset you aspire to have. For example,

"I create a safe and secure space for myself to live",

"I allow myself to do what I feel is right for for me"

or even as simple as

"Today is going to be a great day"

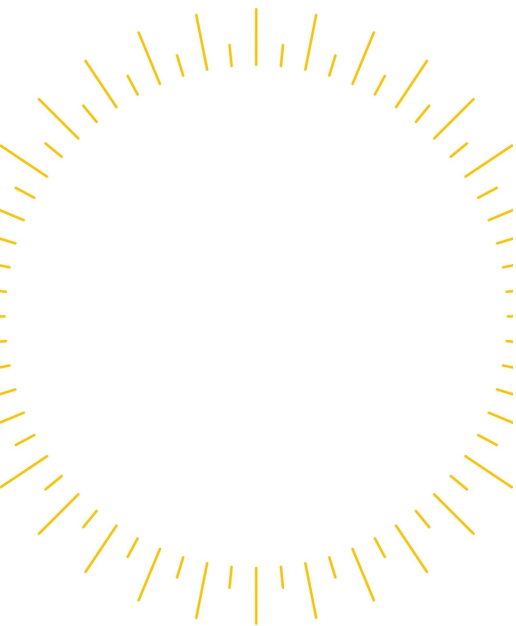
Use the templates to the right to fill in your own daily affirmations.



DAILY AFFIRMATION



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! Pro tip!

You can either print these off and cut them out, putting them somewhere that you will see every day. Try sticking them around your bathroom mirror to remind yourself as you get ready for the day, or attach them to your refrigerator. If you don't have a printer, you can screenshot each template and add text with your affirmation using your photo editor on your phone, or with apps such as Snapchat and Instagram stories.

