

Daily Love Body Spirit Diary

Self-Love, Self-Care, Self-Celebration - A Gift from Abiola

Date: _____ Time: _____ Hours of Sleep: _____ Water Intake: _____

Today's Intention: _____

I ATE...Food Log

I FEEL...Feelings Log

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Today's Highlight	Area for Improvement
Movement & Fitness	
Self-Care	

I am grateful for:

New Thoughts for a New Day!

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