

21 Days of Journaling for More Self-Confidence & Gratitude

@SITWITHKELLY

TODAY I ACCOMPLISHED...

TODAY I FELT PROUD WHEN...

TODAY I AM GRATEFUL FOR...

I FELT GOOD ABOUT MYSELF WHEN...

3 GOOD THINGS ABOUT ME ARE...

TODAY I ACCOMPLISHED...

TODAY I FELT HAPPIEST WHEN...



week 1

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TODAY I HAD FUN WHEN...

I HELPED SOMEONE TODAY WHEN...

MY FAV THING TODAY WAS...

TODAY I SHOWED MYSELF COMPASSION WHEN...

TODAY I SMILED WHEN...

SOMETHING I DID WELL TODAY WAS...

SOMETHING FUNNY THAT HAPPENED TODAY WAS...



week 2

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TODAY I FELT STRONG WHEN...

MY FRIENDS LOVE ME BECAUSE...

TODAY I TRIED SOMETHING NEW WHEN...

TODAY I SET A BOUNDARY WHEN...

TODAY I FELT FULFILLED WHEN...

TODAY I SHOWED UP FOR MYSELF BY...

I AM BEAUTIFUL BECAUSE...



week 3