



mental alchemy

achieve a golden state of mind

DATE: ____ / ____ / ____

♡ Gratitude Journal.

☼ Today I am grateful for:

1. _____
2. _____
3. _____

Daily affirmation:

☾ What made today wonderful?

1. _____
2. _____
3. _____

What can I do tomorrow to have a great day?
