

My Journal:

A Day in the Life of Me!



In this Relationship-with-Self journal you'll have an opportunity to get to know yourself better. This is an opportunity to ventilate your true feelings, be yourself, and discover what the future holds for you. This is an opportunity to put yourself first.

On the beginning of each page you'll find a date, day, and mood line. Pick and choose the date and day that you want to write in your journal. There are no rules here! That's the beauty of it! It's just you and your journal-no one else. In the mood section, get in tune with your "main" feeling for that day and write it down.

Below the date, day, and mood you'll find a quote. This quote is something to motivate, inspire, and encourage you to stay true to your feelings.

Have fun with this journal!

And remember...

"Make Loving Yourself a Priority!"

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