

A LITTLE
DOSE OF
OPTIMISM

Journal

With daily prompts



The
Evolve
Academy

always Think Positive

A little dose of optimism:
allowing you to take time to truly get to know
yourself and celebrate the good things in life.

This journal belongs to

Facts about myself

Today's date -----

Things that make me laugh

Today's date -----

What am I grateful for today?

Today's date -----

Who can I talk to today that makes me smile?

Today's date -----

My pet peeves

Today's date -----

Places I would like to visit

Today's date -----

What I learnt today

Today's date -----

Things I am excited about

Today's date -----

Things I would like to improve about myself

Today's date -----

Today's intentions

Today's date -----

What do I want to accomplish by this time next year?

Today's date -----

Highlights from today

Today's date -----

Mantras to inspire my day

Today's date -----

My act of kindness for today

Today's date -----

What do I like about my job?

Today's date -----

Things to look forward to tomorrow

Today's date -----

A habit I want to kick

Today's date -----

Things I am good at

Today's date -----

Things I love to do

Today's date -----

Where can I get my energy from today?

Today's date -----

What fuels my drive to success?

Today's date -----

Things that bring me joy

Today's date -----

My favourite song that lifts me up

Today's date -----

What I love about my body

Today's date -----

What mindfulness activity will I do today?

Today's date -----

My boost in self-esteem affirmation is...

Today's date -----

What matters the most in my life?

Today's date -----

Experience that has allowed growth

Today's date -----

Exciting experiences I have had

Today's date -----

Skills I want to learn

Today's date -----

Be
The Best
Version
of you

Keep being you,
keep celebrating the good vibes
and stay true to yourself.



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Academy