

My Best January

My January Affirmation

(Write below Positive, Affirming, Kind, Big Text)

A large, light purple rounded rectangular area intended for writing a personal affirmation.

Personalise this space

Personalise this space

"Great things are not done by impulse, but by a series of small things brought together."

Vincent Van Gogh



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My Best January

"I am capable of achieving my goals"

Week 1...Its just 5 days!

Example

Day	My positive step taken	Done
1	Write your positive action here....	<input checked="" type="checkbox"/>

Day	My positive step taken	Done
Weds 1		<input type="checkbox"/>
Thurs 2		<input type="checkbox"/>
Fri 3		<input type="checkbox"/>
Sat 4		<input type="checkbox"/>
Sun 5		<input type="checkbox"/>

What did I win at this week...



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My Best January

"I am grateful for all that I have,
and all that is yet to come"

Week 2...I am in charge of me!

Day	My positive step taken	Done
Mon 6		→
Tue 7		→
Weds 8		→
Thurs 9		→
Fri 10		→
Sat 11		→
Sun 12		→

What did I win at this week...



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My Best January

"I am constantly growing and evolving into a better person"

Week 3...I improve everyday!

Day	My positive step taken	Done
Mon 13		<input type="checkbox"/>
Tue 14		<input type="checkbox"/>
Weds 15		<input type="checkbox"/>
Thurs 16		<input type="checkbox"/>
Fri 17		<input type="checkbox"/>
Sat 18		<input type="checkbox"/>
Sun 19		<input type="checkbox"/>

What did I win at this week...





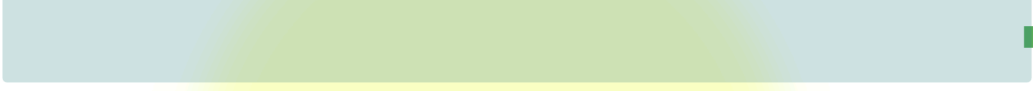

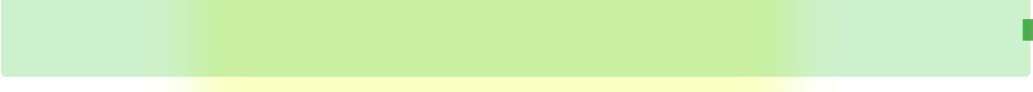

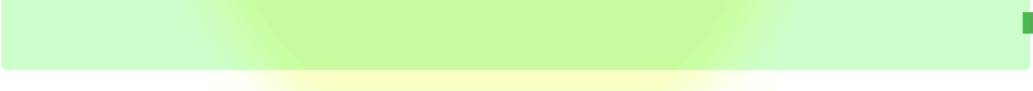







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My Best January

"I am responsible for my own happiness and am taking steps to improve it!"

Week 4...You have got this!

Day	My positive step taken	Done
Mon 20		
Tue 21		
Weds 22		
Thurs 23		
Fri 24		
Sat 25		
Sun 26		

What did I win at this week...



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My Best January

"I can apply ALL that I have learned on my beating the blues journey every day!"

Week 5...Amazing self care!

Day	My positive step taken	Done
Mon 27		<input type="checkbox"/>
Tue 28		<input type="checkbox"/>
Weds 29		<input type="checkbox"/>
Thurs 30		<input type="checkbox"/>
Fri 31		<input type="checkbox"/>

What did I win at this week...

You are more capable than you think!

What positive do I think about myself?



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