

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 | | <input type="checkbox"/> |
| Tue | 7 | | <input type="checkbox"/> |
| Weds | 8 | | <input type="checkbox"/> |
| Thurs | 9 | | <input type="checkbox"/> |
| Fri | 10 | | <input type="checkbox"/> |
| Sat | 11 | | <input type="checkbox"/> |
| Sun | 12 | | <input type="checkbox"/> |

What did I win at this week...



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"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 | | <input type="checkbox"/> |
| Tue 21 | | <input type="checkbox"/> |
| Weds 22 | | <input type="checkbox"/> |
| Thurs 23 | | <input type="checkbox"/> |
| Fri 24 | | <input type="checkbox"/> |
| Sat 25 | | <input type="checkbox"/> |
| Sun 26 | | <input type="checkbox"/> |

What did I win at this week...



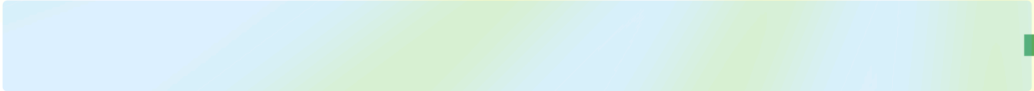









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My Best January

"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 |  |  |
| Tue 28 |  |  |
| Weds 29 |  |  |
| Thurs 30 |  |  |
| Fri 31 |  |  |

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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