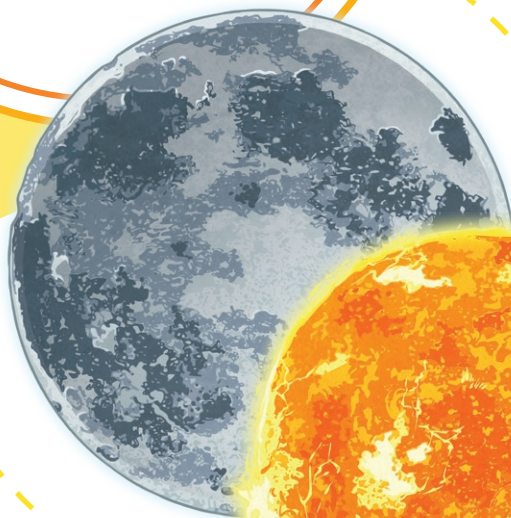




**My  
Ten-Minute  
Journal**



Answer these questions in the morning.



What am I looking forward to today?

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What am I grateful for today?

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Which positive emotions am I feeling today?

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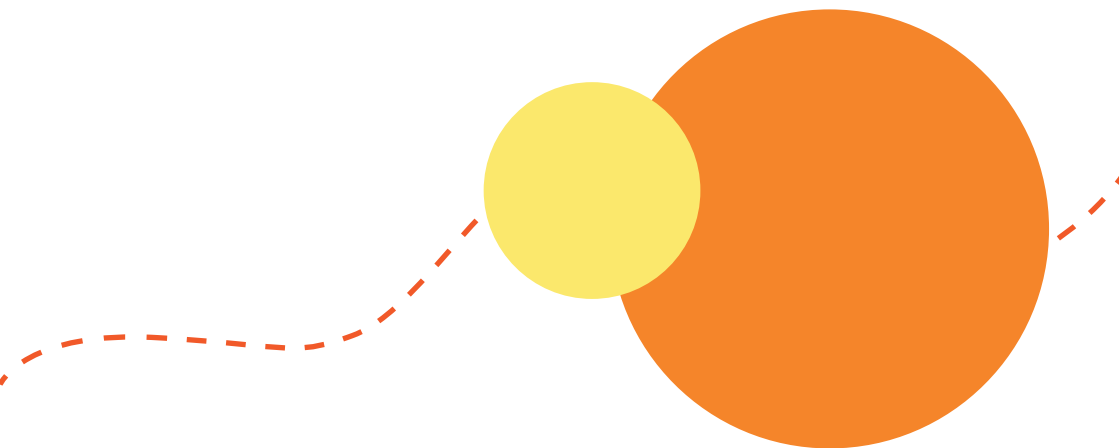


Which positive affirmation am I going to say today?

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Answer these questions at the end of the day.



What was the highlight of my day?

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What was my proudest moment today?

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What was my biggest achievement today?

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What positive effect did I have on other people today?

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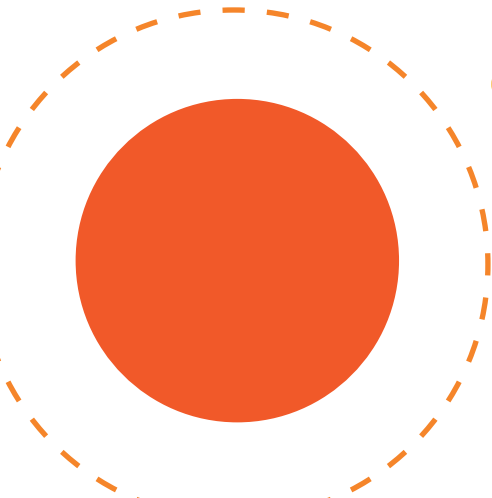
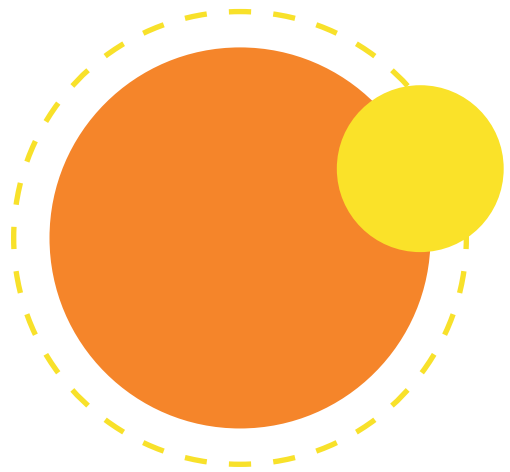
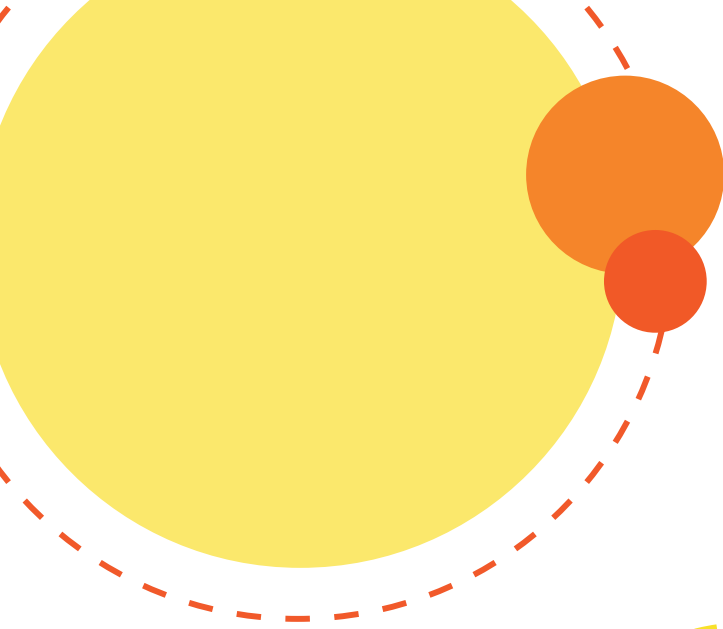


What did I learn today?

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twinkl