
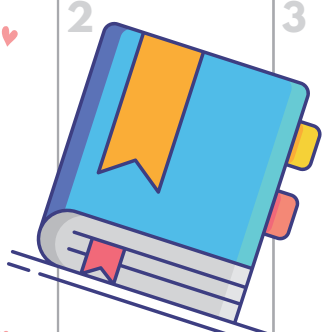

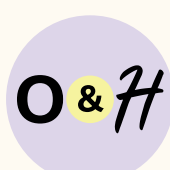


'Positive Thoughts' Journaling

for March

S	M	T	W	T	F	S
1 This spring, I'm looking forward to...	2 A story that always inspires is...	3 In my life, I have an abundance of...	4 The next time an opportunity presents itself to me, I will...	5 This spring, I'll make a little more space for...	6 When I look at the first signs of spring, I'm inspired to...	7 When I breathe in deeply, then breathe out, I feel...
8 A woman who inspires me is...	9 I can empower others by...	10 One way I can make the most of the lighter nights is...	11 When I step outside and take in a big breath of fresh air, I...	12 The resilience of nature reminds me that...	13 I trust myself to...	14 So far, this year has surprised me because...
15 Some- thing that brings me joy when I look at it is...	16 Right now is the perfect time to...	17 An annual tradition I love to celebrate is...	18 Something that grounds me is...	19 When I look in the mirror, I'm proud of...	20 I trust that I am becoming...	21 When I look at a flower in bloom, I'm reminded that...
22 Spring inspires me to...	23 Something great that happened last week was...	24 A part of me that is waiting to bloom is...	25 I thank myself for continuing to...	26 I feel relaxed when I'm...	27 This month I've been encouraged by...	28 When I feel the warmth of sunshine on my skin, I...
29 A memory from this month that makes me smile is...	30 This month, I've made progress in...	31 An adventure I want to go on next month is...	1 	2 	3 	4  Ordinary & Happy