

Positivity Journaling

for September



S	M	T	W	T	F	S
30 	31	1 This month, I'm looking forward to...	2 People appreciate me for...	3 I'm good at...	4 I'm learning to...	5 I like that I'm...
6 The funniest thing that happened this week was...	7 I feel happy when...	8 One way I helped someone is...	9 Today, I choose to focus on a positive thing like...	10 I trust myself to make the right decision about...	11 My creativity is on display when...	12 Something I'm happy I did this week is...
13 I feel hopeful when...	14 Three things I'm grateful for this year are...	15 Someone who's always been there for me is...	16 I'm grateful for the lesson I learned when...	17 My greatest inspiration is...	18 Someone I'm grateful for meeting recently is...	19 I'm proud of my courage in...
20 A new positive experience I had recently was...	21 I'm improving at...	22 Something I love about my personality is...	23 My skills shine when...	24 A friend I'm excited to meet up with is...	25 A trip I'm excited about going on is...	26 One thing I'm proud of accomplishing this month is...
27 Something I love about my city/town is...	28 Next month, I'm looking forward to...	29 My favorite memory from this month was...	30 I am proud of myself for...	1 	2 	3 

