

# Journal

**The best version of myself**

# Journal

The current day \_\_\_\_\_, \_\_\_\_\_. \_\_\_\_\_. \_\_\_\_

How the day started today:

How I live my best version today:

I am grateful for:

I am certain that:

# Journal

## Abendreflektion

**I successfully achieved today:**

**I realized today:**

**I am allowed to change and improve:**

**I will implement tomorrow:**

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How the day ended today:

What else I want to say:

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## Monthly reflection

**I am grateful for:**

**I let go:**

**I have learned:**

**I wish for the next month:**

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I will improve next month:

What else I want to say: