

A woman with long brown hair, wearing a striped shirt and denim shorts, is jumping joyfully on a sandy beach. She is holding a large, colorful rainbow umbrella in her right hand. The background shows a clear blue sky and gentle waves on the ocean. The overall mood is happy and carefree.

30 Day Joy Journal

MAYBE I WILL

POSITIVE / FIT / HEALTHY

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POSITIVE / FIT / HEALTHY

Gratitude (write 3 Things You're grateful for)

Celebrate Your Wins! (write three wins from your day!)

My Emotions: How did your emotions affect your food choices?

Worked Out? ☐ Yes ☐ No

Water Intake                

"A grateful heart is a magnet for miracles"

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Worked Out? ☐ Yes ☐ No

Water Intake                

"Be thankful for what you have; you'll end up having more.
If you concentrate on what you don't have,
you will never, ever have enough." - Oprah

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Water Intake                

"Be happy with what you have while working for what you want"
- Helen Keller

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Water Intake                

"One small positive thought in the morning can change your whole day."

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Water Intake                

"Gratitude Changes Everything"

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Water Intake                

"There are so many beautiful reasons to be happy"

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Water Intake                

"Nothing can dim the light which shines from within."
- Maya Angelou

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"The things you take for granted some else is praying for"

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"Nothing holds you back more than your own insecurities"

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"Celebrate every tiny victory"

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"It's time to start living fully instead of just trying not to fail."

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"Life is meant to celebrate"

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"You did it!"

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"Be in love with your life every minute of it!"

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