FIVE MINUTES FOR YOU

A JOURNAL



Self Love Daily Deursel S M T W T F S Hove myself today because Today I forgive myself for Empowering affirmation Today my eating will be I will challenge myself to		Self Love	Date :		
Today I forgive myself for Empowering affirmation Today my eating will be I will challenge myself to		Daily Dournal S N	T (V	VT	FS
Today I forgive myself for Empowering affirmation Today my eating will be I will challenge myself to					
Empowering affirmation Today my eating will be I will challenge myself to		I love myself today because			
Empowering affirmation Today my eating will be I will challenge myself to					
Today my eating will be I will challenge myself to		Today I forgive myself for			
Today my eating will be I will challenge myself to					
I will challenge myself to		Empowering affirmation			
I will challenge myself to					
I will challenge myself to					
I will challenge myself to		Today my eating will be			
		roddy my cannig win be			
		Lwill challenge myself to			
Today I will move because		r will challenge myself to			
Toddy i will move because		Today Lwill move because			
		roddy i will illove because			
Reflection		Pofloation			
Reflection		Reflection			
Cowhing	Corr	hing			

Today I remind myself of my goals, that I know I will achieve because I believe in ME!



The first step I am taking to reach my goal is...

Because I am....

