*The Five ⓹ Minute Journal*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Date: |  | / |  | / | 20 |

 

*“You've got to get up every morning with determination if you're going to go to bed with satisfaction.” George .H. Lorimer*

I am grateful for…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

What would make today great?

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

Daily affirmations: I am…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

3 Amazing things that happened today…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

How could I have made today better?

|  |
| --- |
|  |
|  |
|  |
|  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Date: |  | / |  | / | 20 |

 

*“For Every Reason It’s Not Possible, There Are Hundreds Of People Who Have Faced The Same Circumstances And Succeeded.” – Jack Canfield*

I am grateful for…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

What would make today great?

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

Daily affirmations: I am…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

3 Amazing things that happened today…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

How could I have made today better?

|  |
| --- |
|  |
|  |
|  |
|  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Date: |  | / |  | / | 20 |

 

*“The Future Belongs To The Competent. Get Good, Get Better, Be The Best!” – Success Quote By Brian Tracy*

I am grateful for…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

What would make today great?

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

Daily affirmations: I am…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

3 Amazing things that happened today…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

How could I have made today better?

|  |
| --- |
|  |
|  |
|  |
|  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Date: |  | / |  | / | 20 |

 

*“You Are Never Too Old To Set Another Goal Or To Dream A New Dream.” – C.S. Lewis*

I am grateful for…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

What would make today great?

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

Daily affirmations: I am…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

3 Amazing things that happened today…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

How could I have made today better?

|  |
| --- |
|  |
|  |
|  |
|  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Date: |  | / |  | / | 20 |

 

*“What You Lack In Talent Can Be Made Up With Desire, Hustle And Giving 110% All The Time.” – Don Zimmer*

I am grateful for…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

What would make today great?

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

Daily affirmations: I am…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

3 Amazing things that happened today…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

How could I have made today better?

|  |
| --- |
|  |
|  |
|  |
|  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Date: |  | / |  | / | 20 |

 

*“Creativity Is Intelligence Having Fun.” – Albert Einstein*

I am grateful for…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

What would make today great?

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

Daily affirmations: I am…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

3 Amazing things that happened today…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

How could I have made today better?

|  |
| --- |
|  |
|  |
|  |
|  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Date: |  | / |  | / | 20 |

 

*“The Only Limit To Our Realization Of Tomorrow Will Be Our Doubts Of Today.” – Franklin D. Roosevelt*

I am grateful for…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

What would make today great?

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

Daily affirmations: I am…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

3 Amazing things that happened today…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

How could I have made today better?

|  |
| --- |
|  |
|  |
|  |
|  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Date: |  | / |  | / | 20 |

 

*“The Man Who Has Confidence In Himself Gains The Confidence Of Others.” – Hasidic Proverb*

I am grateful for…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

What would make today great?

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

Daily affirmations: I am…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

3 Amazing things that happened today…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

How could I have made today better?

|  |
| --- |
|  |
|  |
|  |
|  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Date: |  | / |  | / | 20 |

 

*“Security Is Mostly A Superstition. Life Is Either A Daring Adventure Or Nothing.” – Helen Keller*

I am grateful for…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

What would make today great?

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

Daily affirmations: I am…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

3 Amazing things that happened today…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

How could I have made today better?

|  |
| --- |
|  |
|  |
|  |
|  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Date: |  | / |  | / | 20 |

 

*“Whether You Think You Can Or Think You Can’t, You’re Right.” – Henry Ford*

I am grateful for…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

What would make today great?

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

Daily affirmations: I am…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

3 Amazing things that happened today…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

How could I have made today better?

|  |
| --- |
|  |
|  |
|  |
|  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Date: |  | / |  | / | 20 |

 

*“We Generate Fears While We Sit. We Overcome Them By Action.” – Dr. Henry Link*

I am grateful for…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

What would make today great?

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

Daily affirmations: I am…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

3 Amazing things that happened today…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

How could I have made today better?

|  |
| --- |
|  |
|  |
|  |
|  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Date: |  | / |  | / | 20 |

 

*“Knowing Is Not Enough; We Must Apply. Wishing Is Not Enough; We Must Do.” – Johann Wolfgang Von Goethe*

I am grateful for…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

What would make today great?

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

Daily affirmations: I am…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

3 Amazing things that happened today…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

How could I have made today better?

|  |
| --- |
|  |
|  |
|  |
|  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Date: |  | / |  | / | 20 |

 

*“The Best Way To Get Started Is To Quit Talking And Begin Doing.” – Walt Disney*

I am grateful for…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

What would make today great?

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

Daily affirmations: I am…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

3 Amazing things that happened today…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

How could I have made today better?

|  |
| --- |
|  |
|  |
|  |
|  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Date: |  | / |  | / | 20 |

 

 *“The Pessimist Sees Difficulty In Every Opportunity. The Optimist Sees Opportunity In Every Difficulty.” – Winston Churchill*

I am grateful for…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

What would make today great?

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

Daily affirmations: I am…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

3 Amazing things that happened today…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

How could I have made today better?

|  |
| --- |
|  |
|  |
|  |
|  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Date: |  | / |  | / | 20 |

 

*“You Learn More From Failure Than From Success. Don’t Let It Stop You. Failure Builds Character.” – Unknown*

I am grateful for…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

What would make today great?

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

Daily affirmations: I am…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

3 Amazing things that happened today…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

How could I have made today better?

|  |
| --- |
|  |
|  |
|  |
|  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Date: |  | / |  | / | 20 |

 

*“It’s Not Whether You Get Knocked Down, It’s Whether You Get Up.” – Vince Lombard*

I am grateful for…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

What would make today great?

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

Daily affirmations: I am…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

3 Amazing things that happened today…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

How could I have made today better?

|  |
| --- |
|  |
|  |
|  |
|  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Date: |  | / |  | / | 20 |

 

*“Failure Will Never Overtake Me If My Determination To Succeed Is Strong Enough.” – Og Mandino*

I am grateful for…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

What would make today great?

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

Daily affirmations: I am…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

3 Amazing things that happened today…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

How could I have made today better?

|  |
| --- |
|  |
|  |
|  |
|  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Date: |  | / |  | / | 20 |

 

*“We May Encounter Many Defeats But We Must Not Be Defeated.” – Maya Angelou*

I am grateful for…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

What would make today great?

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

Daily affirmations: I am…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

3 Amazing things that happened today…

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

How could I have made today better?

|  |
| --- |
|  |
|  |
|  |
|  |