

D. A. DAVIES

JUST
THE
MAGIC,
PLEASE!
JOURNAL

AFFIRMATIONS | GRATITUDE | VISUALISATION


Wilsonian PRESS

MORNING AFFIRMATIONS

I am capable, strong, and ready to take on the day.

Today, I choose joy, peace, and positivity in all I do.

I radiate confidence, love, and kindness in all interactions.

I am in control of my thoughts, emotions, and actions today.

I have everything I need to succeed within me.

I welcome positivity into my life today and always.

My mind is clear, my heart is open, and I am ready to embrace the day.

I am resilient, and I embrace challenges as opportunities for growth.

This is an example affirmation worksheet, I've included blank sheets for you to choose and create your own. Write down affirmations that resonates deeply with you and reflect the mindset and attitude you wish to embody throughout your day. Repeat it to yourself as part of your daily routine, perhaps during meditation, while getting ready, or whenever it feels most effective for you. This repetition can help focus your mind and set a positive intention.

DAILY GRATITUDE

/ /

TODAY I'M FEELING

POSITIVE AFFIRMATIONS

TODAY I'M GRATEFUL FOR

1 _____

2 _____

3 _____

SOMETHING I'M PROUD OF

MORE OF THIS:

LESS OF THIS:

MY FAVORITE MOMENT THE DAY

TOMORROW I LOOK FORWARD TO

GRATITUDE

MONTHLY PREVIEW

/ /

THIS MONTH'S INTENTION IS

HOW DO YOU FEEL?

HOW DO YOU WANT TO FEEL?

WHERE DO YOU WANT TO FOCUS YOUR ENERGY?

NOTES

GRATITUDE

MONTHLY REVIEW

/ /

HIGHLIGHTS OF THE MONTH

- 1 _____
- 2 _____
- 3 _____

WHAT IS SOMETHING NEW YOU'VE LEARNED?

WHAT WERE SOME OF THE CHALLENGES YOU FACED?

WHAT IS THE BEST THING YOU HAVE DONE FOR YOURSELF THIS PAST MONTH?

HAS PRACTICING GRATITUDE HELPED YOU THIS MONTH?

YES

MAYBE

NO

VISION BOARD

Sample Digital Vision Board

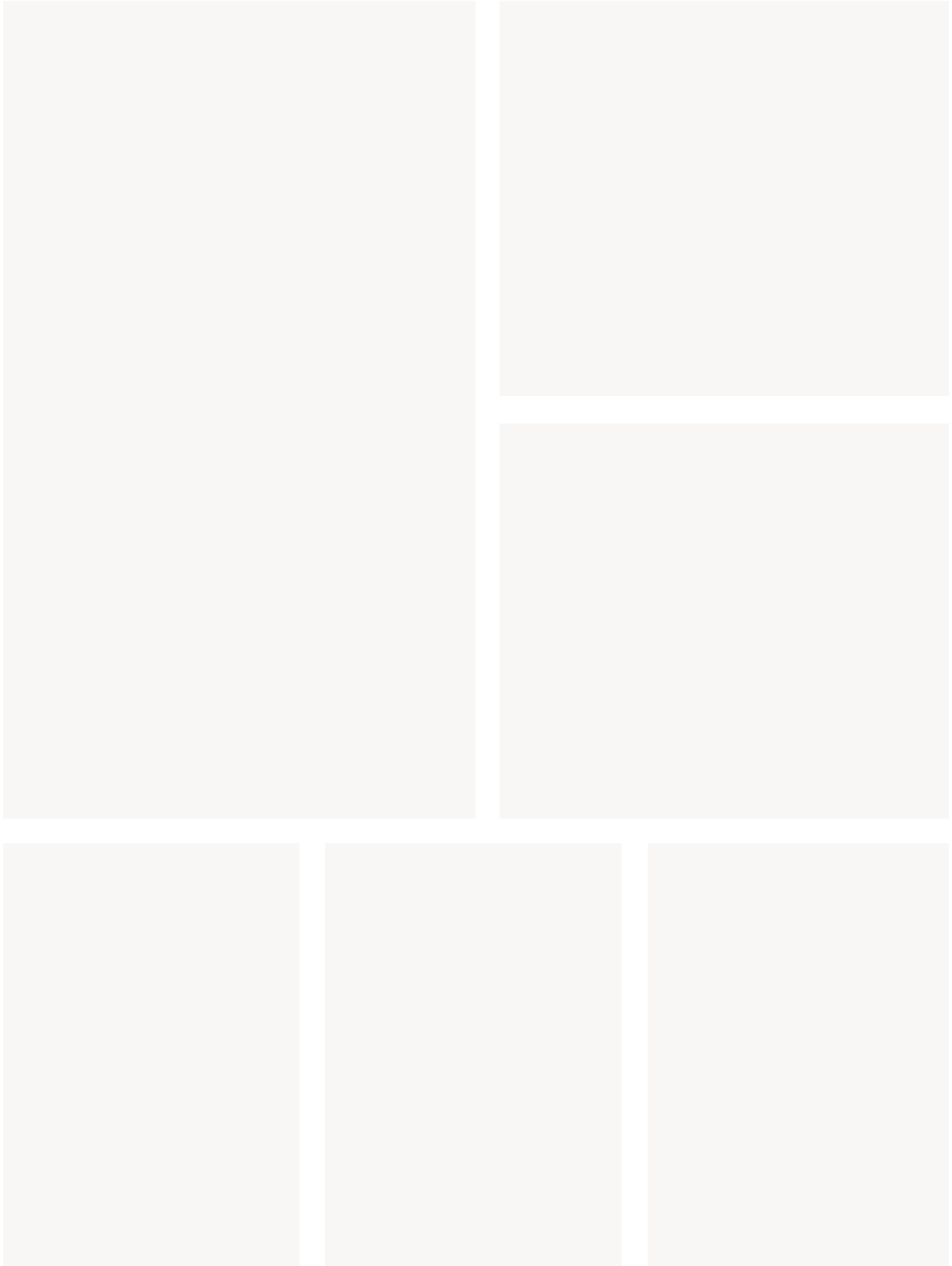


*never
give
up*



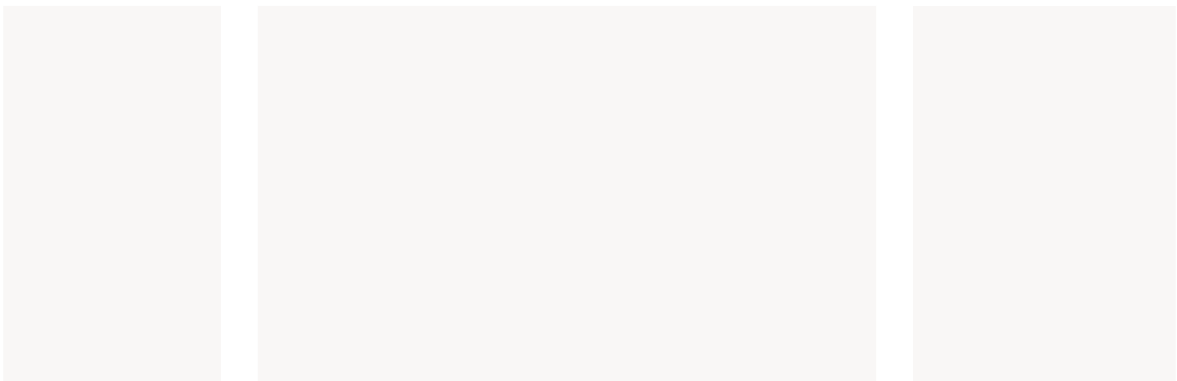
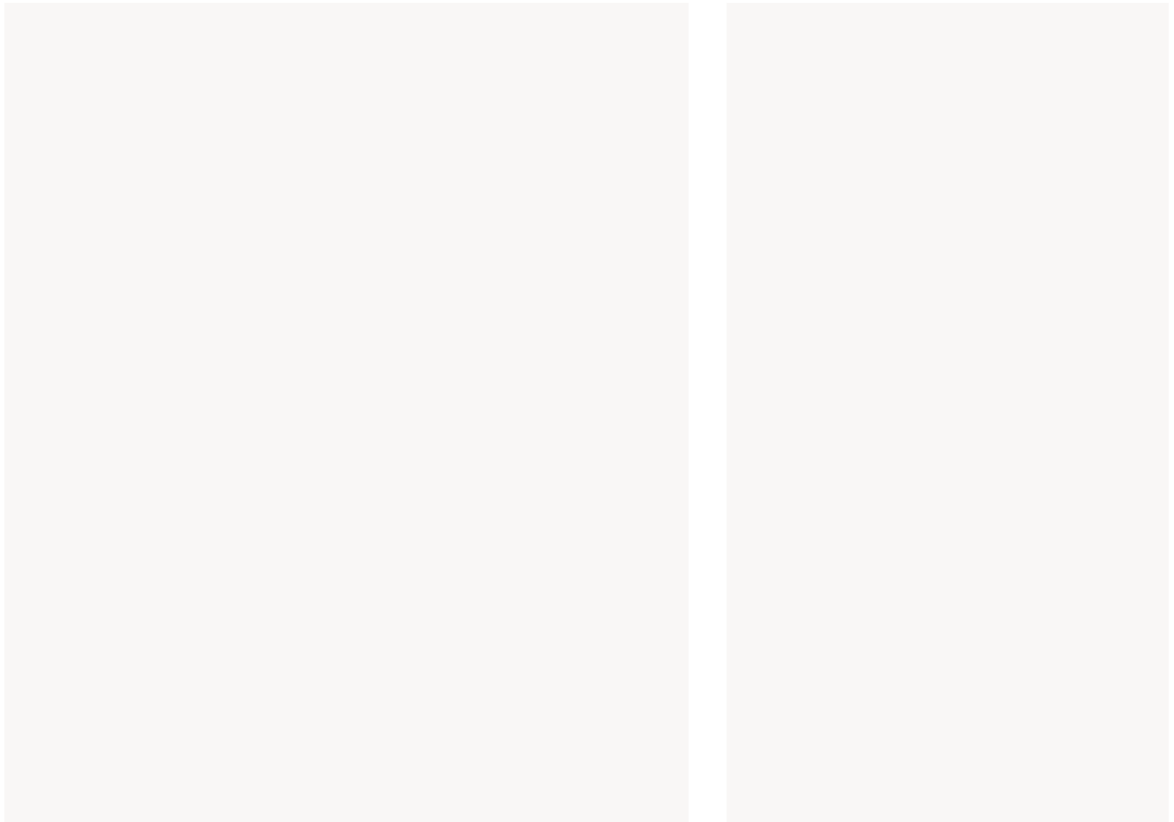
DATE: My Lucky Day!

VISION BOARD



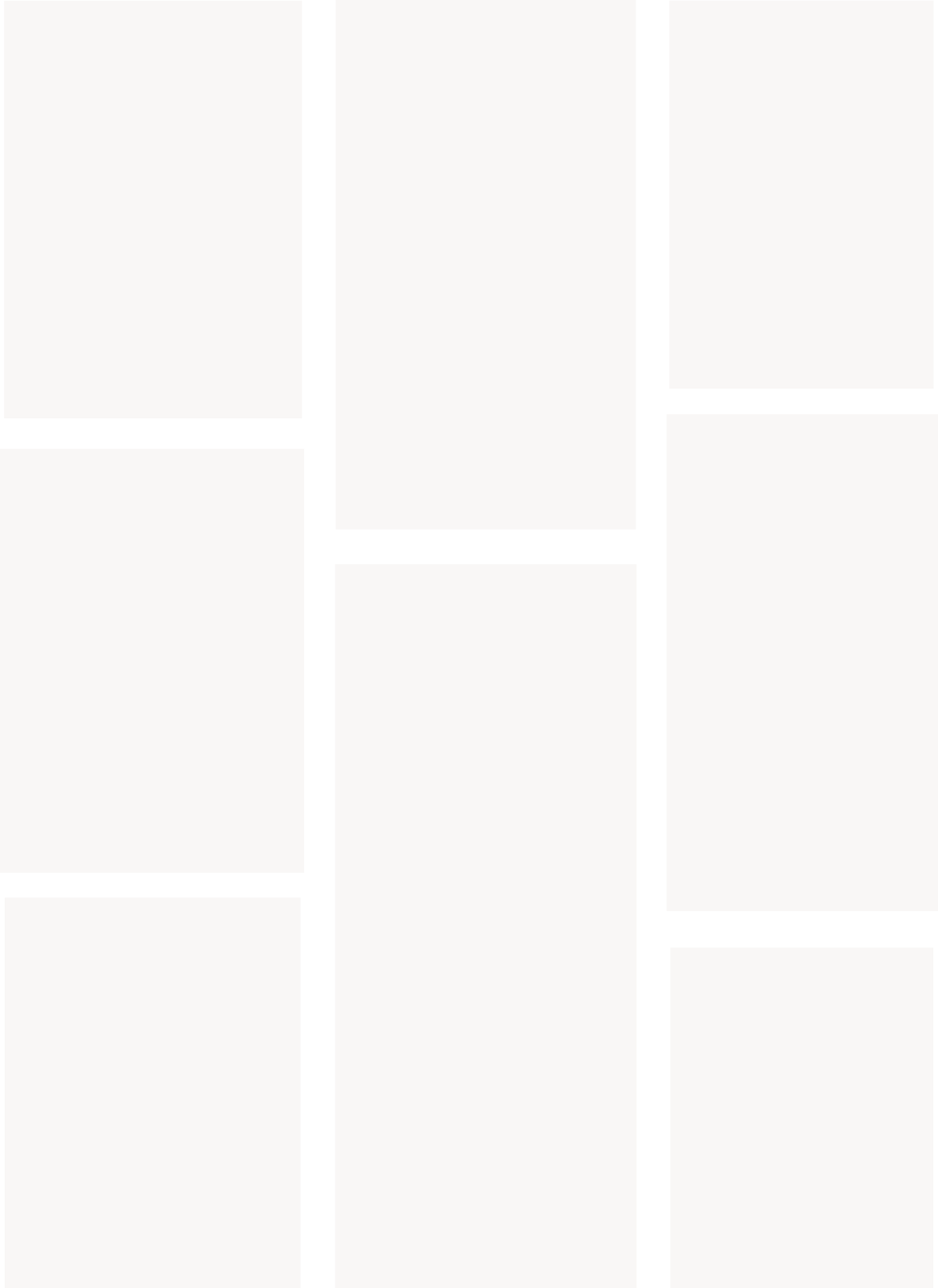
DATE: _____

VISION BOARD



DATE: _____

VISION BOARD



DATE: _____

VISION BOARD

WISH LIST

Date: _____

FAMILY:

CAREER:

PERSONAL:

RELATIONSHIP:

NOTES:
