

# Transformation Journal/ 2026



**"Connecting to Wellness"**

**1 Corinthians 6:19-20**

**Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.**



**Plan now to use your Transformation Journal daily. The following ways will help you receive the maximum benefits from your journal.**

### **YEARLY**

- \*List successes, achievements and significant events from the following year**
- \*Write your GOALS for the upcoming year.**

### **MONTHLY**

- \*List your GOALS FOR THE MONTH.**

### **WEEKLY**

- \*For the current week, list your WEEKLY GOALS.**
- \*Write down each Small Group note and positive affirmation in the SMALL GROUP section.**
- \*Write down a Positive Emotion to work on.**
- \*At the end of each week, examine your goal list and check off those goals which you completed.**

### **DAILY**

#### **AT THE BEGINNING OF EACH DAY:**

- \*Write down an affirmation for the day to remember for that day (suggestions in the back of journal).**
- \*Set your goals for the day using the DAILY LIST TOP 10. (at the end of the journal).**

#### **AT THE END OF THE DAY:**

- \*Record goals you have achieved.**
- \*Write down any successes, positive achievements, and significant events or ideas.**
- \*Write down any positive things that have happened for that day.**
- \*List one thing that you are thankful for.**







YEARLY PLANNER 2026

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JANUARY					1	2	3
	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	31
FEBRUARY	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
MARCH	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	31	1	2	3	4
APRIL	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	1	2
MAY	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
JUNE	31	1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30				

YEARLY PLANNER 2026

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>JULY</b>				1	2	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	31	1
<b>AUGUST</b>	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
	30	31	1	2	3	4	5
<b>SEPTEMBER</b>	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	1	2	3
	4	5	6	7	8	9	10
<b>OCTOBER</b>	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	31
	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
<b>NOVEMBER</b>	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
<b>DECEMBER</b>	20	21	22	23	24	25	26
	27	28	29	30	31		

# January 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31





**January 1-3**

**Weekly Goals**


Positive Emotion

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**January 4-10**

**Weekly Goals**


Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

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*Monday*

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*Tuesday Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

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**January 11-17**

**Weekly Goals**

Positive Emotion

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

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Thursday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

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**January 18-24**

**Weekly Goals**


Sunday *Write down Positive Affirmation for Day:*

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Monday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

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**January 25-31**

**Weekly Goals**


Sunday *Write down Positive Affirmation for Day:*

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Monday *Write down Positive Affirmation for Day:*

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# February 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28







Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

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**February 22-28**

**Weekly Goals**


Positive Emotion:

**Sunday** *Write down Positive Affirmation for Day:*

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**Monday** *Write down Positive Affirmation for Day:*

**Journal for Day:**

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Saturday *Write down Positive Affirmation for Day:*

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# March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				









Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

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**March 15-21**

**Weekly Goals**

1	8
2	9
3	10
4	11
5	12
6	13
7	14

Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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Monday *Write down Positive Affirmation for Day:*

Journal for Day:

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Tuesday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

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**March 22-28**

**Weekly Goals**

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Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Saturday /Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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**March 29-31**

**Weekly Goals**

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Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

# April 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		





**April 1-4**

**Weekly Goals**

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Positive Emotions:

Wednesday

Journal for Day:

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*Thursday Write down Positive Affirmation for Day:*

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*Friday Write down Positive Affirmation for Day:*

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*Saturday Write down Positive Affirmation for Day:*

Journal for Day:

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April 5-11

Weekly Goals

1	8
2	9
3	10
4	11
5	12
6	13
7	14

Positive Emotions:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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Monday *Write down Positive Affirmation for Day:*

Journal for Day:

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Tuesday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

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**April 12-18**

**Weekly Goals**

1	8
2	9
3	10
4	11
5	12
6	13
7	14

Positive Emotions:

*Sunday Write down Positive Affirmation for Day:*

Journal for Day:

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*Monday Write down Positive Affirmation for Day:*

Journal for Day:

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*Tuesday Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**April 19-25**

**Weekly Goals**

1	8
2	9
3	10
4	11
5	12
6	13
7	14

**Positive Emotion**

*Sunday Write down Positive Affirmation for Day:*

**Journal for Day:**

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*Monday Write down Positive Affirmation for Day:*

**Journal for Day:**

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*Tuesday Write down Positive Affirmation for Day:*

**Journal for Day:**

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Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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# May 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						





**May 1-6**

**Weekly Goals**

1	8
2	9
3	10
4	11
5	12
6	13
7	14

Positive Emotion:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**May 3-9**

**Weekly Goals**

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Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**May 10-16**

**Weekly Goals**

1	8
2	9
3	10
4	11
5	12
6	13
7	14

Positive Emotion:

*Sunday Write down Positive Affirmation for Day:*

Journal for Day:

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*Monday Write down Positive Affirmation for Day:*

Journal for Day:

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*Tuesday Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

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**May 17-23**

**Weekly Goals**

1	8
2	9
3	10
4	11
5	12
6	13
7	14

Positive Emotion:

*Sunday Write down Positive Affirmation for Day:*

Journal for Day:

*Monday Write down Positive Affirmation for Day:*

Journal for Day:

*Tuesday Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**May 24-30**

**Weekly Goals**

1	8
2	9
3	10
4	11
5	12
6	13
7	14

Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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Monday *Write down Positive Affirmation for Day:*

Journal for Day:

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Tuesday/Wednesday *Write down Positive Affirmation for Day:*

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Wednesday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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# June 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				





**June 1-6**

**Weekly Goals**

1	8
2	9
3	10
4	11
5	12
6	13
7	14

Positive Emotion:

*Monday Write down Positive Affirmation for Day:*

Journal for Day:

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*Tuesday Write down Positive Affirmation for Day:*

Journal for Day:

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Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**June 7-13**

**Weekly Goals**

1

8

2

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10

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11

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12

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13

7

14

Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**June 14-20**

**Weekly Goals**

1

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2

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11

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12

6

13

7

14

Positive Emotions:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**June 21-27**

**Weekly Goals**

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8

2

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10

4

11

5

12

6

13

7

14

Positive Emotions:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**June 28-30**

**Weekly Goals**

1

8

2

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3

10

4

11

5

12

6

13

7

14

Positive Emotions:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

# July 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	





**July 1-4**

**Weekly Goals**


Positive Emotion:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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*Saturday Write down Positive Affirmation for Day:*

Journal for Day:

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Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

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Wednesday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**July 19-25**

**Weekly Goals**

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2

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11

5

12

6

13

7

14

Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**July 26-31**

**Weekly Goals**

1	8
2	9
3	10
4	11
5	12
6	13
7	14

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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Monday *Write down Positive Affirmation for Day:*

Journal for Day:

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Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Wednesday *Write down Positive Affirmation for Day:*

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday/Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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# August 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					





Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**August 2-8**

**Weekly Goals**

1

8

2

9

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10

4

11

5

12

6

13

7

14

Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**August 9-15**

**Weekly Goals**

1	8
2	9
3	10
4	11
5	12
6	13
7	14

Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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Monday *Write down Positive Affirmation for Day:*

Journal for Day:

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Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**August 16-22**

**Weekly Goals**

1	8
2	9
3	10
4	11
5	12
6	13
7	14

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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Monday *Write down Positive Affirmation for Day:*

Journal for Day:

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Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Wednesday *Write down Positive Affirmation for Day:*

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**August 23-29**

**Weekly Goals**

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12

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13

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Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday / Wed *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**August 23-29**

**Weekly Goals**

1	8
2	9
3	10
4	11
5	12
6	13
7	14

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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Monday *Write down Positive Affirmation for Day:*

Journal for Day:

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# September 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			





**September 1-5**

**Weekly Goals**

1

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2

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4

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Positive Emotion:

*Tuesday Write down Positive Affirmation for Day:*

**Journal for Day:**

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Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**September 6-12**

**Weekly Goals**

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6 \_\_\_\_\_

7 \_\_\_\_\_

8 \_\_\_\_\_

9 \_\_\_\_\_

10 \_\_\_\_\_

11 \_\_\_\_\_

12 \_\_\_\_\_

13 \_\_\_\_\_

14 \_\_\_\_\_

Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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Monday *Write down Positive Affirmation for Day:*

Journal for Day:

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Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**September 13-19**

**Weekly Goals**

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Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**September 20-26**

**Weekly Goals**

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Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**September 27-30**

**Weekly Goals**

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Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday / Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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# October 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31









Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Wednesday *Write down Positive Affirmation for Day:*

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**October 18-24**

**Weekly Goals**

Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:



October 25-31

Weekly Goals

Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:



# November 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		







Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

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Wednesday *Write down Positive Affirmation for Day:*

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**November 15-21**

**Weekly Goals**

1	8
2	9
3	10
4	11
5	12
6	13
7	14

Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**November 22-28**

**Weekly Goals**

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Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**November 29-30**

**Weekly Goals**

1	8
2	9
3	10
4	11
5	12
6	13
7	14

Positive Emotion:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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Monday *Write down Positive Affirmation for Day:*

Journal for Day:

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# December 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Group Meeting Notes

December 1-5

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December 6-12

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December 13-19

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December 20-26

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December 27-31

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Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

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Wednesday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

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Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday / Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday / Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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## AFFIRMATIONS

You are healthy and strong  
All guilt, resentment, and blame are gone  
You dwell in the power of the living God, the great God, the all powerful God  
I love God and surrender to his power  
I accept him, love him, and cherish him  
I love the me found in God  
I'm alive in God's perfect image of me  
In God's power I can control my present and future  
I am strong in the spirit of God  
I understand how life works and become better at succeeding  
I am in complete control of my mind and body  
Anytime I choose I can reflect on the power of God given to me to break any negative cycle immediately  
I choose joy in God  
I choose health in God  
I love God, I love myself as he loves me  
I perceive God mentally, physically, and emotionally  
You exist in God's perfect image  
You are a child of God created in his image  
You have access to unlimited peace power and joy  
You are cleansed of all negativity  
God's holiness and purity dwell in you  
You are surrounded by God's magnificent and powerful energy  
Peace and love flow through your body  
I am living and breathing his peace and love  
God is ever present and all knowing  
His power and light is always available to you  
I am a child of the living God created in his image  
I am secure in my faith of God  
I rest in my faith  
I am calm in my faith  
His light shines on me  
I am at peace  
You exist in Gods perfect image  
You are a child of God created in his image  
You have access to unlimited peace power and joy  
You are cleansed of all negativity  
God's holiness and purity dwell in you  
You are surrounded by Gods magnificent and powerful energy  
Peace and love flow through your body  
I am living and breathing his peace and love  
God is ever present and all knowing  
His power and light is always available to you  
I am a child of the living God created in his image  
I am secure in my faith of God  
I rest in my faith  
I am calm in my faith  
His light shines on me  
I am at peace

## AFFIRMATIONS

I feel God's serenity in my soul  
God's peace dwells in me  
I feel God's eternal love and peace in me  
I easily adapt to any situation  
God's glory fills the earth  
God's glory makes me happier and healthier every day  
I can feel his glory all around me  
I accept and embrace whole heartedly the word of God  
I love to read Gods holy word  
I replace negative thoughts with the word of God  
I love to fill my mind with the word of God  
I see things with humor, I am happy and joyful  
God's power is in me  
I am loving and respectful  
I love God with all my heart, with all my soul, and with all my mind  
I am whole and complete with God  
My inner senses are open to the spirit of God  
You are healthy and strong  
All guilt, resentment, and blame are gone  
You dwell in the power of the living God, the great God, the all powerful God  
I love God and surrender to his power  
I accept him, love him, and cherish him  
I love the me found in God  
I'm alive in God's perfect image of me  
In Gods power I can control my present and future  
I am strong in the spirit of God  
I understand how life works and become better at succeeding  
I am in complete control of my mind and body  
Anytime I choose I can reflect on the power of God given to me to break any negative cycle immediately  
I choose joy in God  
I choose health in God  
I love God, I love myself as he loves me  
I perceive God mentally, physically, and emotionally  
I am fully aware of Gods presence in my life  
I am becoming healthier and stronger in God everyday  
My self esteem grows daily because his presence grows in me everyday  
I release all negative feelings  
I cancel and reject any negative feeling and emotion, instead my mind is completely focused on the glory of God  
and his image in Jesus Christ  
I often visualize the power of God flowing through me enhancing my talents and abilities  
I see the world as God sees it, filled with his glory  
God is great  
I am more and more confident in God's power everyday  
God is my source of loving, powerful energy. He strengthens me more and more everyday  
I learn to grow with every situation in life and live my life to the fullest  
I am filled with positive expectation when I pray and live my life for God  
With God all things are possible. I am optimistic and confident in God. I love God.  
I am happy in the preference of God. I love being with God  
In the spirit of God I am warm, friendly, loving, and loveable

## AFFIRMATIONS

I can do all things though Christ who loves me  
I am not conformed to this world, instead my mind is renewed by the spirit of God who dwells in me  
It is through his spirit I know the perfect will of God  
His spirit brings safety, security, and counsel  
I can see and hear God because I take time out everyday to focus my mind on his holy spirit. I love doing this because his spirit becomes alive in me  
In his spirit I am positive, I am calm, and at peace with God  
His spirit dwells in me  
I have supernatural concentration  
I think in the mind of God  
My mind is always focused on the things of God as they pertain to my life  
Christ said he has overcome the world. And everything in the world is his  
I have complete dominion over my life, my mind, my body, and even the world.  
He said I would do greater things than he.  
I now celebrate this realization rejoicing in the spirit of God, thank you God  
Everyday the spirit of God transforms me more and more to his likeness  
You are positive and confident in the spirit of God  
Deep down you know that living in God's power, love, and wisdom is possible  
All positive changes are taking place right now  
Opportunity and possibility has opened for you  
You are adaptive and flexible  
You have the ability to make anything into a positive experience  
You are a child of the living God  
You are endowed with grace and power from his throne  
You are now aware of your unlimited potential  
With God all things are possible  
You now feel the power of God, his peace, and his instruction  
You now have more assurance in the spirit of God than ever before  
You are becoming more confident and positive in the spirit of God each day  
You are becoming more motivated and assertive each day  
You have a thirst for the word of God and enjoy learning by following his instruction  
The Holy Spirit is alive in you now. You can feel it, it is the spiritual movement of God within you.  
Your spiritual senses are fully awake and sensitive to the spirit of God within  
The more you feel and enjoy the presence of God, the more real it becomes  
You are the walking, talking, spirit of God, all peace, love, and knowledge dwell in you now  
You enjoy experiencing God this way, it gives you a great deal of joy, and peace radiates from you  
People can feel God's peace radiating from you. This is how you've chosen to live your life and you operate beautifully  
I take time to meditate on the word of God  
The word of God is beautiful to me  
I enjoy spending time with God  
My time with God is filled with His holy presence and it gives me peace  
I love spending time with God  
Every time I read the word of God I feel the Holy Spirit light up in me  
The Holy Spirit gives me fresh revelation everyday  
I love to think in the Holy Spirit  
The Holy Spirit is the mind of God  
I have the mind of God  
I have the mind of Christ, in him knowledge is revealed  
I am a child of the living God  
I am created in his image  
I can feel God's loving and peaceful presence in me  
I have a loving and grateful heart toward God

## AFFIRMATIONS

You are becoming more confident and positive in the power of God each day  
Your strength comes from God  
You are now very aware of the power of God within you; you can see it and feel it  
You are falling in love with your life because God is in all things  
God is everywhere  
You are free in the spirit of God. Your mind is filled with his power  
Your memory is unlimited. You have a supernatural ability to remember  
You know the spirit of God dwells in you. This is your new reality  
You walk in the spirit  
You talk in the spirit  
You think in the spirit  
You are made whole and new in the spirit  
You love to pray  
You love to study the word of God  
In Christ you are one body and one mind

**Daily List  
2026**

make multiple copies

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**Affirmation:**

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**Positive Emotion:**

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**Daily List  
2026**

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**Affirmation:**

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**Positive Emotion:**

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# Connected to Wellness?

*Check out this green light up carabiner.*

**Is it fair to say that this item was designed and put together by someone or something?** Just like the flashlight carabiner we were designed and made. Our designer was God. He made everyone with a unique DNA structure that makes them special.

**Is it fair to say that this flashlight carabiner is made of the earth and part of the earth?** Just like this carabiner we are of the earth. We are connected to earthly objects, desires and ideas. We are affected by our physical, chemical, and emotional environment.

**Is it fair to say that this flashlight carabiner was made to create light?** Just like this carabiner we were made to create. The first acts of God were to create. We are made in his image so we to want to create. Are you creating for God or for Earthly desires, self?

**Is it fair to say that one day the battery on this flashlight carabiner will die?** Just like this flashlight carabiner our earthly bodies will let us down and we will die. Just like all earthly ideas, desires, and objects. If you put your hope in earthly things you will always be heartbroken, let down, disappointed and upset. Everything earthly will let us down eventually (sports teams, jobs, money, family/friends, car, house, pets, health, etc). Have you seen anyone over 150 lately?

**Is it fair to say that this flashlight carabiner was designed to stay connected and shine light when activated?** Just like this flashlight carabiner we are designed to be of the earth and to shine light. When we stay connected to God we are on purpose. The only time we are on purpose is when we stay connected to God by reading/studying the Bible, prayer, meditation, worship, praise, and acting in God's love. When we lose our connection to God then we are only connected to earthly things. Our goal is to stay connected and on purpose.

**Is it fair to say that this flashlight carabiner has a silver latch that keeps it safe and secure?** Just like the flashlight carabiner's latch God came to earth and created a force to secure an eternal connection to Him. He did this as Jesus and died on a worldly cross and then rose from the grave three days later. By doing this he conquered the earth. You can't find his earthly body anywhere. He left a guide called the Holy Spirit that resides in our earthly bodies when we accept Him into our lives. When we accept God into our lives we are promised an eternal connection to Him and eternal life. By placing your faith in God you can feel secure that God is always there for you even when all earthly things let you down. This is seen in all Universal Principles because God is everywhere and in all time.

**Keep this flashlight carabiner and press the button while asking yourself about the problems you are having or decisions you need to make.** Are you creating for yourself or for God? One makes your life fulfilling and meaningful and the other empty/meaningless. Your purpose is to stay connected to God and create a loving environment. When you are having problems remember that God wants to be connected to you and has already conquered the earth through his son Jesus and has left behind a life coach called the Holy Spirit. Test yourself to see if what you are doing, thinking and saying are allowing you to be connected to God and be on purpose. If not then read the Bible, pray, get advice from others connected to God (people, books, DVDs, groups, church, songs, and etc.), think and visualize what Jesus would do, listen to the Holy Spirit, study universal principles to see how the gospel story is playing out and then act for God. Minimize earthly things that are interfering with this connection and expect great things by your connection to God.

## Are You Connected?

Standing Stone

(version 3)

*Dedicated to Barbara Canova*

