



My Daily Affirmations 3–5 lines that say:

Today I am grateful for:

Today I choose to feel:



My affirmation today:

I am proud of myself because:



Write your own love message to yourself today:

A large, empty rectangular box with a light pink border, intended for writing a love message. The box is decorated with several 3D-style pink hearts: one at the top-left corner, one at the bottom-right corner, and a vertical stack of two hearts on the right side.