



# Journal Cards



Here are blank journal cards for you to print and cut out.

Have fun with these!

-Alicia-Joy



What do I need to forgive myself for today?

Knowing that what I focus expands,  
what do I intentionally choose to focus on today?

What was my biggest distraction yesterday? How can  
I avoid, or deal with that better today?

What is the absolute most important thing I must  
accomplish today so it doesn't roll over into tomorrow?