



WORKING FOR A HEALTHIER TN



Paving a Positive Pathway Challenge

Personal Journal

*This is your personal journal; do **not** turn this in.*

WEEK 1	<p>My daily positive affirmation(s) <i>[Example: I am a peaceful person.]</i></p>
	<p>Monday <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday <input type="checkbox"/> Thursday <input type="checkbox"/> Friday <input type="checkbox"/> Saturday <input type="checkbox"/> Sunday <input type="checkbox"/></p>
WEEK 2	<p>5 ways a negative situation is positive:</p> <p>1.</p> <p>2.</p> <p>3.</p> <p>4.</p> <p>5.</p>



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<p>WEEK 3</p>	<p>Daily self-love: write one unique thing you love about yourself. <i>[Example: I am witty.]</i> Monday: Tuesday: Wednesday: Thursday: Friday: Saturday: Sunday:</p>
<p>WEEK 4</p>	<p>Daily gratitude: write something you're grateful for relating to each theme. <i>[Examples: blue skies, my uncle, healthy teeth, AWS job, best friend, pizza]</i> Monday (Nature): Tuesday (Family member): Wednesday (Your health): Thursday (Work): Friday (Friend): Saturday (Food): Sunday (Anything):</p>