

THE BRAIN WAVES YOGA METHOD™

Rewire. Realize. Rise.™ A Gratitude Journal



BRAIN WAVES
YOGA™

START YOUR DAY WITH A SMILE ...

DATE: _____

WHAT IS ON MY MIND THIS MORNING?

TODAY I AM GRATEFUL FOR ...



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WHAT IS ONE THING I WILL DO TODAY FOR MYSELF:

TODAY'S GOOD INTENTION:

TODAY'S AFFIRMATION:

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... END YOUR DAY ON A POSITIVE NOTE. DATE: _____

WHAT IS ON MY MIND THIS EVENING?

REASONS TO BE GRATEFUL:



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A HAPPY MOMENT:

I AM PROUD OF MYSELF FOR ...

ONE POSITIVE THING THAT HAPPENED TODAY WAS ...