

## Practicing Patience

Each day this week take a moment to journal about what you did that day that is bringing you closer to your goals.

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Sunday:

## Loving the Journey

Each day this week take a moment to journal about something you love about where you are at in your journey right now.

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Sunday: