






Life on Purpose
JOURNAL

TINY HABITS DONE CONSISTENTLY OVER TIME
WILL GENERATE SUSTAINABLE RESULTS THAT FIT YOUR LIFESTYLE

PERSONAL SCRIPTURE

HABIT / SELF-CARE STEP

S M T W T F S



IDENTIFY WHEN YOUR NEW HABIT WILL FIT INTO YOUR LIFE AND SCHEDULE.
PROACTIVELY IDENTIFY OBSTACLES, AND PLAN YOUR SOLUTION.
SELECT A TRIGGER TO REMIND YOU TO DO YOUR NEW HABIT.
REWARD YOURSELF WHEN YOU DO THE HABIT!

CREATE A PLAN

WHEN

OBSTACLE/SOLUTION

TRIGGER

REWARD

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time in GRATITUDE

reduces anxiety and promotes overall happiness

THE BEST PART OF THE DAY WAS

I AM PROUD OF MYSELF BECAUSE

3 GOOD THINGS THAT HAPPENED TODAY

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PEOPLE I'M GRATEFUL FOR

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3 THINGS I'M GRATEFUL FOR TODAY

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TOMORROW, I LOOK FORWARD TO

joy appreciation empowered enthusiasm fun proud strong active love passion freedom
happiness optimism belief hope inspired courage interest fearless gratitude delight relaxed
calm confident curious focused worthy thrilled self-respecting kind

Make PRAYER

your first response instead of your last resort

LORD, YOU ARE SO...

I ASK THAT YOU HELP ME TO...

I LIFT THESE PEOPLE TO YOU...

I LAY THESE STRUGGLES AT YOUR FEET...

FORGIVE ME FOR...
