Queen Journal

Don't Put a Cap on Me, I am Limitless!

By Catherine E Trotter

THIS BOOK
BELONGS TO:

Self-Discovery and Growth

Queen

This journal is for the woman that is ready to take her life to the next level.

Have you ever felt that as you try to move forward you feel that you have reached a point where you can't go any further?

Well, you are not alone, and you are now part of a larger community of women that are rooting for you to go past barriers that are trying to hold you back.

This is a 30-Day journal to help you burst into the next chapter in your life.

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30-DAY CHALLENGE

NEW HABIT: _____

Why is this important for me? _____

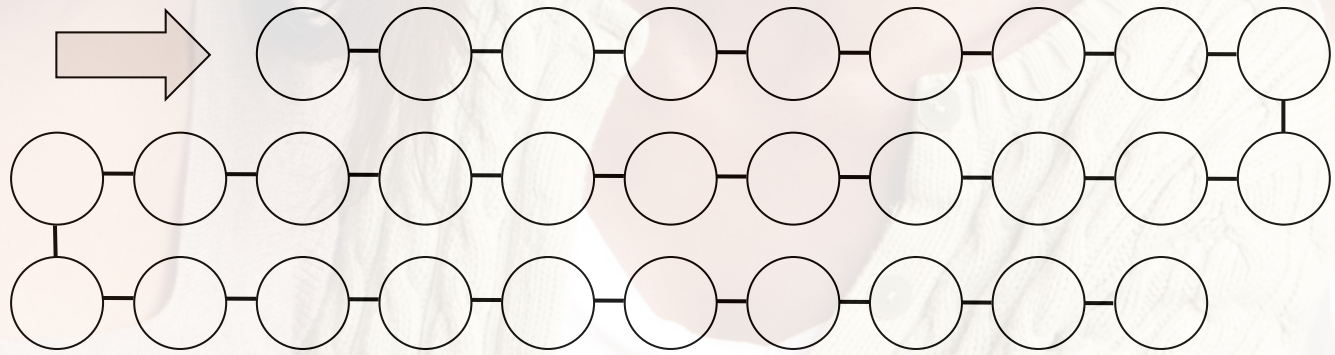
_____

Strenghts: _____

Weaknesses: _____

Most Improved Area: _____

Let's do this!



How did it go? _____

_____

What did I learn? _____

_____

YOU GOT THIS....

My Daily Journal

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My Daily Journal

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MY DAILY *Task*

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DATE:

Things To Do

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Notes

Priority

For Tomorrow

How are you *feeling* today? _____

Things you are *grateful* for :

1. _____

_____

2. _____

_____

3. _____

_____

Today's affirmations :

_____

_____

_____

My mood today is...

- ○ Calm
- ○ Rested
- ○ Creative
- ○ Happy
- ○ Angry
- ○ Sad
- ○ Anxious
- ○ Playful
- ○ _____

WEEKLY PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

TO DO LIST

- ○
- ○
- ○
- ○
- ○
- ○
- ○

SUNDAY

NOTES

KEEP GOING!

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SUNDAY

NOTES

KEEP GOING!

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