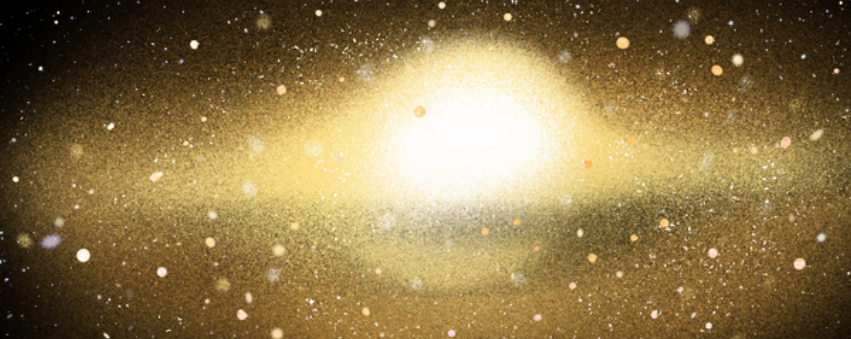




# JOURNAL

DestinyArchitecture.net





**3....6...9 Method:**

**Practice Writing 1 Short sentence in the affirmative.**

**3x in the morning**

**6x midday**

**9x at night!**

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Write down your affirmation

Date:

Handwriting practice area with horizontal dotted lines and a large, faint sunburst graphic in the background.

How was your day?

😊 Great

🙂 Good

😐 Okay

😞 Not good

😡 Awful

Actions taken toward goal:

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