

# 7-day journaling guide



***Day 1:***

What is one good thing that happened today?

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**Day 2:**

What do you need to forgive yourself for?

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Day 3:

What was one nice thing that happened to you today?

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Day 4:

Where do you need to set boundaries in your life?

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Day 5:

List five things you love about yourself and why.

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Day 6:

How do you/ would you practice self-care?

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Day 7:

Write yourself a thank you letter.

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