Daily Journal

(Gentle Reminder)

Immerse yourself in the practice of a focused journal — a powerful tool that can positively shape your mindset and well-being.

Date:

Today's Affirmation	*Goal of the day*

Things I desire to complete:

- [ ]
- [ ]
- [ ]

A thought for today....

Where in your life have you been striving, performing, or carrying responsibilities beyond what you've been called to do? Take a moment to identify the expectations, pressures, or fears that maybe keeping you from experiencing true rest.

What would it look like to release those burdens toGod and embrace the grace of being rather than constantly doing?

One thing you can do today to experience rest...