Longevity in Action
Life’s curve balls

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Word or phrase to sum up the day: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Questions you may want to consider for this journal entry:**

“What do I want for myself?”

“What is one small step I can take today to get there?”

**Consider how you would complete these statements:**

“I want to be \_\_\_\_\_\_\_\_\_\_\_\_.”

“I want to feel \_\_\_\_\_\_\_\_\_\_\_.”

**Journal Entry**

*“If you think you can do a thing, or you think you can’t do a thing, you’re right.”*

- Henry Ford

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