longevity in action

mindset

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

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

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

“How do I ‘feed’ the positive wolf?”

“What are my areas of scarcity? What are my areas of abundance?”

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

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

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

**Journal Entry**

*“Nothing is impossible. The word itself says ‘I’m possible’.”*

- Audrey Hepburn

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