ToneTeen.com - Tools & Charts Positive Thoughts

0.1	
I'm great at	
	7
	I love the way
	₽
I am happiest when	
I am proud of	

Use this Positive Thoughts journal to write down one positive comment about yourself each day. Whenever you're having a bad day or feeling down about yourself, read this journal for inspiration and to remind yourself of all of your wonderful qualities.