

Daily Future - Self Journal

My daily affirmation: I am peaceful and understanding.

Today I will focus on shifting my pattern of:

overreacting to problems that arises during the day. Making assumptions before hearing the full story, and becoming angry based solely on an assumption

I am grateful for:

my family, having a patient partner and friends, new beginnings, not having to work on weekends, having money in my bank account, for my life

3 traits that my future self will have are:

1. Clear communication

2. Thinking before reacting

3. Listening to actually understand

The person I am becoming will experience more:

peace, joy, relaxation, more understanding, fun times with my partner and friends

I have an opportunity to be my future self today when I:

pause and think before reacting. When I ask for clear communication and try not to form an assumption even when I know all there is to know about a given situation; when I do not allow events or people to control my emotions

When I think about who I am becoming I feel:

Emotionally mature, free, and peaceful 😊