Daily Journal Sheets

Phase: _____ **Date:** _____

Activity & Mood	4 Ingredients of Change
	Define Your Purpose: *State a crystal clear vision*
	Support System: *Who's got your back?*
	Applied Faith: *What you believe, you shall receive. What do you believe?*
	Personal Initiative: *What do you plan on doing today?*
Notes:	Yesterday's Lesson:

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