

My Positive Daily Journal

Date:

By taking time each day to write in your 'Positive Daily Journal', you will achieve much-needed mental clarity during your fertility journey. It will help you to feel positive, calm and more in control. Don't forget to look after your emotional wellbeing, give yourself time for self-care and remember just how amazing you are!

Laura x



In the morning

My positive message to myself today is...

My happy song I will listen to today is...

Things I need to remember to do today are...

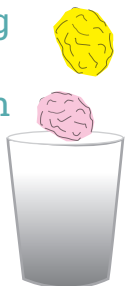


At the end of the day

Today I felt...

I've said goodbye to my worries/negative thoughts by writing them down on Post-It Notes. I then crunched them up & threw them in the bin.

tick when done



I smiled when ...



Today I took care of myself when I ...

My positive action for tomorrow is...

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