



THE REAL ME  
JOURNAL



# Morning Reset

Hoy me quiero sentir...

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Hoy sere amable conmigo cuando...

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3 cosas por las que agradezco hoy

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"Happiness is a habit."





# Morning Reset

Hoy me quiero sentir...

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Hoy quiero ser la persona que...

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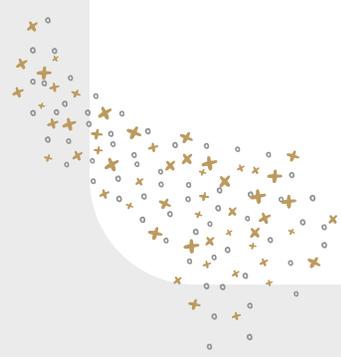
1 cosa nueva que quiero intentar hoy

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"Happiness is a habit."





# Morning Reset

Hoy quiero lograr...

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Hoy me quiero sentir...

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3 cosas que agradezco...

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"Happiness is a habit."





# Morning Reset

Hoy estoy creando...

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Hoy me perdono por ...

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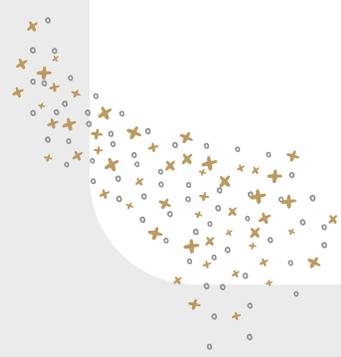
3 cosas que valoro de mi...

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"Happiness is a habit."





# Morning Reset

Soy feliz cuando...

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Hoy me pongo de primera cuando...

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Yo valgo la pena por que...

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"Happiness is a habit."

