

Affirmation Journal Entry Day 1

"I am one of a kind"

1. Re-write the above affirmation here. Important - writing the Affirmation in your own handwriting helps you internalize it better.

**2. Listen To The Track, "One Of A Kind" by Dana Rice at
<https://bit.ly/OneOfAKindByDanaRice>**

3. RECORD yourself saying "I'm one of a kind. I'm one of a kind. I'm one of a kind."

4. List 3 things that are unique about YOU.

Affirmation Journal Entry Day 2

“I put my whole self in whatever I do.”

1. Re-write the above affirmation here. Important - writing the Affirmation in your own handwriting helps you internalize it better.

**2. Listen To The Track, “In It” by Dana Rice at
<https://bit.ly/InItByDanaRice>**

3. RECORD yourself saying “I put my whole self in whatever I do.”

4. What does putting your whole self into something look like?

5. What is something you’re ALREADY doing that you could put MORE effort into?

Affirmation Journal Entry Day 3

"I'm gonna love me."

1. Re-write the above affirmation here. Important - writing the Affirmation in your own handwriting helps you internalize it better.

**2. Listen To The Track, "Love Me" by Dana Rice at
<https://bit.ly/LoveMeByDanaRice>**

3. RECORD yourself saying "I'm gonna love me."

4. Write down 2 things that you like about yourself.

Affirmation Journal Entry Day 4

"I'm getting better every day."

1. Re-write the above affirmation here. Important - writing the Affirmation in your own handwriting helps you internalize it better.

**2. Listen To The Track, "Better Every Day" by Dana Rice at
<https://bit.ly/BetterEveryDayByDanaRice>**

3. RECORD yourself saying "I'm getting better every day."

4. Write down 1 specific skill that you're working on getting better at

A blank sheet of music paper with 21 horizontal lines, evenly spaced, for writing musical notation.

A blank sheet of music paper with 18 horizontal staves. Each staff is composed of five lines, and there are 18 such staves arranged vertically across the page.

A blank sheet of music paper with 15 horizontal staves. Each staff is composed of five horizontal lines, and there are equal spaces between each staff. The lines are thin and black, set against a plain white background.

This image shows a sheet of handwriting practice paper. It contains ten sets of three horizontal lines each, designed to help children learn proper letter height and placement. Each set consists of a top line, a middle line, and a bottom line, with equal spacing between them. The lines are evenly spaced down the page.

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