

# My Positive Thought Log

Wednesday: \_\_\_\_\_

\_\_\_\_\_

Thursday: \_\_\_\_\_

\_\_\_\_\_

Friday: \_\_\_\_\_

\_\_\_\_\_

Saturday: \_\_\_\_\_

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Sunday: \_\_\_\_\_

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Monday: \_\_\_\_\_

\_\_\_\_\_

Tuesday: \_\_\_\_\_

\_\_\_\_\_