



MINDSET SHIFT

A 21 DAY

CHALLENGE

WWW.KERRYJOHNSON.CO.UK

POSITIVE AFFIRMATIONS

Write down your affirmations here, so that you can refer back to them daily for your task. You may wish to display this page somewhere you will see it often, or recreate a more visually appealing version of each affirmation to do the same with.

GRATITUDE LOG

DAY 1

--	--

DAY 2

--	--

DAY 3

--	--

DAY 4

--	--

DAY 5

--	--

DAY 6

--	--

DAY 7

--	--

DAY 8

--	--

DAY 9

--	--

DAY 10

--	--

DAY 11

--	--

DAY 12

--	--

DAY 13

--	--

DAY 14

--	--

DAY 15

--	--

DAY 16

--	--

DAY 17

--	--

DAY 18

--	--

DAY 19

--	--

DAY 20

--	--

DAY 21

--	--

NOTES

--