

i create who i want to be

my
intention
journal



lorraine lynch

i create who i want to be

my name is



lorraine lynch

i create who i want to be

Monday

I am grateful for _____
because _____

Tuesday

I am grateful for _____
because _____

Wednesday

I am grateful for _____
because _____

Thursday

I am grateful for _____
because _____

Friday

I am grateful for _____
because _____

lorraine lynch



i create who i want to be

i love these
things about
myself:



lorraine lynch

i create who i want to be

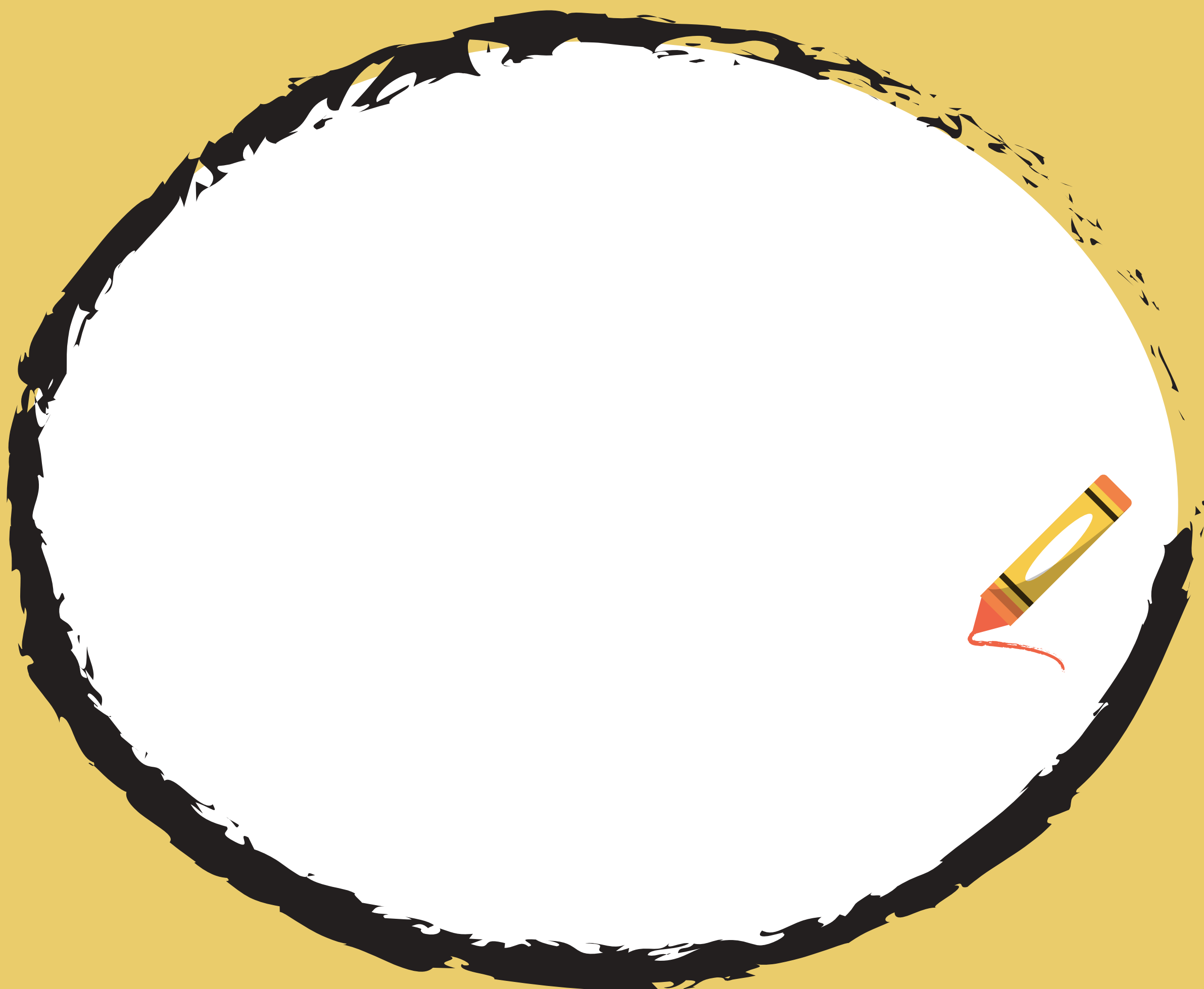
my goals for
this week are:



lorraine lynch

i create who i want to be

when i feel
overwhelmed
i choose to:



lorraine lynch

i create who i want to be

affirmations

i am worthy of love

i am kind & caring

i am in control of
my mind & emotions

i am the best
version of myself

lorraine lynch

i create who i want to be

created with love by
@lorrainelynychconsulting

