

# Blue Conker

## 29 Days of Positivity Journal Sheet

Use this space to write down your actions, affirmations and feelings as you go through the 29 day challenge. By recording your thoughts and feelings you can track any progress or changes. It will also help you focus on the things that bring the most positivity to your life... that way, you can do more of what brings YOU joy.

**Day:**

**Date:**

**Action:**

**Affirmation:**

**What did you see, think or feel  
after doing this task:**