

Daily Love Body Spirit Diary

Self-Love, Self-Care, Self-Celebration – A Gift from Abiola

Date:

Time:

Hours of Sleep:

Days Spent:

Today's Intention:

I ATE...Food Log

I FELT...Feelings Log

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Today's Highlight	Not Impressed!
Movement & Fitness	
Self-Care	

I am grateful for:

New Thoughts for a New Day!

Find support at [AbiolaTV.com / @abiolatv](https://www.abiolatv.com/)

