

YOUR FREE GIFT IS HERE

Write your goals and place them
where you can see them daily!

Make time to reflect daily on what
you are grateful for, each day's
challenges, and your intentions for
the next day!

Write down your daily affirmations,
and write down any notes to help you
in your journey

MY GOALS OF HOPE

cultivate a life you love, step by step

Goal

First step

Goal

First step

Goal

First step

hopesphere.com

HOPE IN THE DARK

5-DAY REFLECTION SAMPLER

Today, I felt most empowered when...

One challenge I faced today was...

A moment I am grateful for today is...

My intention for tomorrow is...

Ready to deepen your self-discovery?
Get the full guide to *Hope in the Dark*!

HOPEINTHEDARK.COM

Daily Affirmation Tracker

Commit to healing with positive affirmations

Today's affirmation:

Track your affirmations:



MON



TUE



WED



THU



FRI



SAT



SUN

Notes:
