

MY  
STOP-START-KEEP  
DIARY





My Personal Affirmations and/or Quotes  
for this month —

From: \_\_\_\_\_ To: \_\_\_\_\_

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WEEK 1

From: \_\_\_\_\_ To: \_\_\_\_\_



This week I would like to STOP ...

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WEEK 1

From: \_\_\_\_\_ To: \_\_\_\_\_



This week I would like to START ...

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WEEK 1

From: \_\_\_\_\_ To: \_\_\_\_\_



This week I would like to KEEP ...

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WEEK 1

From: \_\_\_\_\_ To: \_\_\_\_\_



SUMMARY

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# WEEK 2

From: \_\_\_\_\_ To: \_\_\_\_\_



This week I would like to STOP ...

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WEEK 2

From: \_\_\_\_\_ To: \_\_\_\_\_



This week I would like to START ...

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# WEEK 2

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# WEEK 3

From: \_\_\_\_\_ To: \_\_\_\_\_



This week I would like to STOP ...

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## WEEK 3

From: \_\_\_\_\_ To: \_\_\_\_\_



This week I would like to START ...

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WEEK 3

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This week I would like to KEEP ...

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# WEEK 4

From: \_\_\_\_\_ To: \_\_\_\_\_



This week I would like to STOP ...

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WEEK 4

From: \_\_\_\_\_ To: \_\_\_\_\_



This week I would like to START ...

Lined writing area with 16 horizontal lines for notes.

# WEEK 4

From: \_\_\_\_\_ To: \_\_\_\_\_



This week I would like to KEEP ...

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WEEK 4

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MY  
STOP - START - KEEP  
DIARY

Learning to talk to yourself with your  
true inner voice,  
in a way that nurtures you,  
is perhaps the most valuable  
piece of learning you can do.  
You talk to yourself all the time-  
it may as well be good talk.  
Marcia Germaine Hutchinson

Compliments of:  
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