

The journal cover features a white background with two horizontal teal bars at the top and bottom. The title 'Hold My Peace JOURNAL' is centered, with 'Hold My Peace' in black and 'JOURNAL' in teal. A logo for '4:14 FITNESS' is positioned below the title. The right side of the cover is decorated with stationery items: a black spiral notebook, a magnifying glass, a black pen, paper clips, a stapler, and dried flowers and leaves.

Hold My Peace JOURNAL

4:14 FITNESS
FITNESS • FOOD • FAITH

Rise & Shine, My Darling.

Time I commit to walk today: _____ min.

Daily Journal

Today's Date:

Today I choose to feel:

My 1 goal today (behavior-based):

Today I am grateful for:

Good Night, Beautiful.

Actual time I walked today: _____ min.

Today, God, I thank you for:

Today, I felt:

How and why was I successful today? What needs to change tomorrow?:

My favorite moment, memory, or 'God wink' was:

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