

Morning Journal

(Remember)

IMMERSE YOURSELF IN THE PRACTICE OF A FOCUSED MORNING JOURNAL—A POWERFUL TOOL THAT CAN POSITIVELY SHAPE YOUR MINDSET AND WELL-BEING.

Day: _____ Month: _____ Year: _____

Today's Affirmation

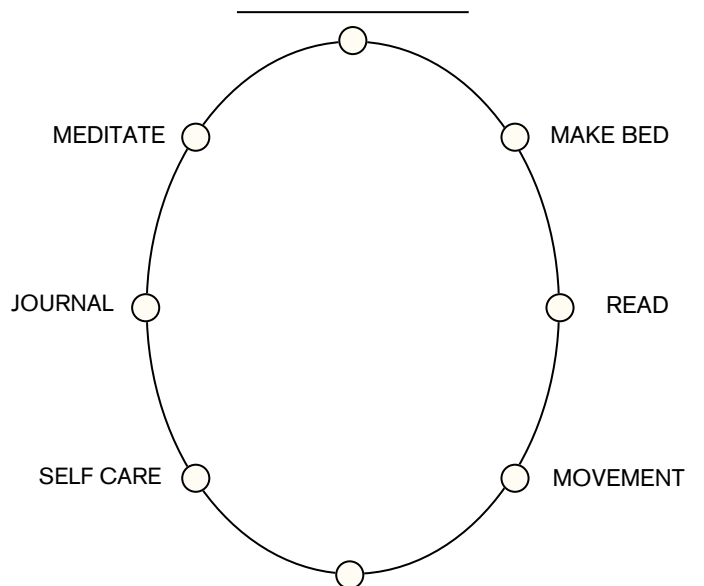
Goal of the day

(Priorities of the day:

- _____
- _____
- _____

Daily Intentions

Morning Rituals Checklist



Daily Planner

Day:

Month:

Year:

TODAY'S SCHEDULE

05:00

06:00

07:00

08:00

09:00

10:00

11:00

12:00

13:00

14:00

15:00

16:00

17:00

18:00

19:00

20:00

21:00

22:00

23:00

Top Priorities of the Day:



Water Intake



1L

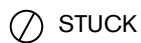
2L

3L

Calls and Emails:



Grateful ONE THING THAT MADE YOU HAPPY TODAY



Weekly Planner

Week:

Year:

MON

Top Priorities of the week:



TUE

WED

Mood of the Week:

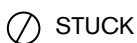
THU

Important Notes:

FRI

SAT

SUN



Gratitude Planner

Remember

GRATITUDE SHIFTS OUR FOCUS FROM WHAT'S MISSING TO THE ABUNDANCE ALREADY PRESENT IN OUR LIVES. IT REMINDS US THAT EVEN IN THE SIMPLEST MOMENTS, THERE'S ALWAYS SOMETHING TO BE THANKFUL FOR.

Day: _____ Month: _____ Year: _____

Today's Affirmation

Inspiration of the day

Water Intake



Today I'm grateful for

Mood of the day

(How I feel) ESTABLISH A CONNECTION WITH YOUR THREE WORLDS (MENTAL / PHYSICAL / SPIRITUAL).
SET AN INTENTION FOR EACH AND SHARE HOW YOU FEEL

MENTAL

PHYSICAL

SPIRITUAL

Goals Planner

Goal 1

Start Date:

End Date:

Action Steps

Notes

- _____
- _____
- _____

Goal 2

Start Date:

End Date:

Action Steps

Notes

- _____
- _____
- _____

Goal 3

Start Date:

End Date:

Action Steps

Notes

- _____
- _____
- _____