

# Morning Intentions

Today is \_\_\_\_\_

What I would like to BE today:

---

---

---

## Foods to lift spirits:

Brazil nuts, oysters, albacore tuna, clams, sardines, pork tenderloin, crab, wild caught fish, whole-wheat and regular pastas, lean pork chops, chicken, lean lamb, sunflower seeds, whole-wheat bread, plain bagels, brown rice, oatmeal, flour tortillas, soy nuts, eggs, low-fat cottage cheese, tofu, pinto beans, and low-fat yogurt.

## GOALS FOR TODAY:

1. \_\_\_\_\_

Action steps: \_\_\_\_\_

2. \_\_\_\_\_

Action steps: \_\_\_\_\_

3. \_\_\_\_\_

Action steps: \_\_\_\_\_

How I challenge myself to grow:

---

---

---

---

## How I felt today:

Mood: 1 2 3 4 5

Energy: 1 2 3 4 5

Digestion: 1 2 3 4 5

Cravings: 1 2 3 4 5

## My Accomplishments:

- \_\_\_ Morning Intentions
- \_\_\_ Conscious eating
- \_\_\_ Get fresh air
- \_\_\_ physical activity/move
- \_\_\_ prayer/meditation
- \_\_\_ meaningful connections
- \_\_\_ laughter
- \_\_\_ time for myself
- \_\_\_ visualized my future

Things I like about me: \_\_\_\_\_

Resistance I feel to change: \_\_\_\_\_

Thoughts I can release: \_\_\_\_\_

## Evening Reflections