

Morning Intentions

Today is _____

How I vision myself this morning:

Positive word(s) for today:

- Peaceful Motivated
 Trust Loving
 Confident Inspiring
 Action Letting go
 Forgiveness

GOALS FOR TODAY:

1. _____
Action steps: _____

2. _____
Action steps: _____

3. _____
Action steps: _____

Actions to celebrate today:

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

Effect of my positive word today: _____

Actions I took to BE the person I desire: _____

Final thought of gratitude: _____

Evening Reflections