

Morning Intentions

Today is _____

How I vision myself this morning:

I am grateful for:

GOALS FOR TODAY:

1. _____

Action steps: _____

2. _____

Action steps: _____

3. _____

Action steps: _____

Fun, Relaxation, and Adventure
for 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

Actions I took to validate a more positive vision of myself: _____

Patterns I replaced with something new: _____

Final thought of forgiveness: _____

Evening Reflections