

Today is _____ **Morning Intentions**

My greatest fear:

Favorites:

Color _____

Memory _____

Food _____

Song _____

Vacation spot _____

GOALS FOR TODAY:

1. _____

Action steps: _____

2. _____

Action steps: _____

3. _____

Action steps: _____

What feels better to think about, fears or favorites?

Pick a favorite preference and do something today to enhance it. What will you do?:

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

What I am GRATEFUL for:

Pleasant thoughts that feel good: _____

Good things happening in the world: _____

As you settle down for the night, leave the thoughts of the day outside your bedroom door. Step into the sanctuary of your room. Feel the softness of your pillow and mattress. Give yourself permission to let go, knowing this day is done and now is time to drop off to sleep, comfortably and deeply.

Evening Reflections