

# Morning Intentions

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

How I vision myself this morning:

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I am grateful for:

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## GOALS FOR TODAY:

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

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

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

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

\_\_\_\_\_

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

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

\_\_\_\_\_

\_\_\_\_\_

Fun, Relaxation, and Adventure  
for Today:

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## 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: \_\_\_\_\_

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Patterns I replaced with something new: \_\_\_\_\_

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Final thought of forgiveness: \_\_\_\_\_

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## Evening Reflections