

Morning Intentions

Today is _____

Let me describe how I feel as I start this day:

How I want to feel today:

- Empowered Motivated
 Strong Loving
 Confident Inspiring
 Patient Letting go

GOALS FOR TODAY:

1. _____

Action steps: _____

2. _____

Action steps: _____

3. _____

Action steps: _____

Action steps to feel the way I desire:

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

Did I take small, positive
action steps today?:

Yes No

How does that make me feel?

Am I satisfied with how my day went?

What can I let go of that only weighs me down:

Final thought before bed: _____

Evening Reflections