

Morning Intentions

Today is _____

What I want/need to change in my life:

What area can I work on TODAY to begin to feel a change:

- Exercise Food choices
- Self Trust Open heart
- Bravery Motivation
- Action Stay Present
- Forgiveness

GOALS FOR TODAY:

1. _____

Action steps: _____

2. _____

Action steps: _____

3. _____

Action steps: _____

If ready to begin to take action, what is the smallest step I can take 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

Did I really take action. If so how: _____

If not, why not? (This is a sign that your action step was too large a step, so chunk it down): _____

Final thought - Can I try again tomorrow and if so, what can I do?: _____

Evening Reflections