

Today is: _____

Morning Intentions

Good qualities in Me:

Power thoughts:

I AM _____

I DESERVE _____

I CAN _____

GOALS FOR TODAY:

1. _____

Action steps: _____

2. _____

Action steps: _____

3. _____

Action steps: _____

Excuses and Distractions to Avoid:

Reasons to make change:

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 Successes Today:

- ___ Morning Intentions
- ___ Positive Self talk
- ___ Conscious eating
- ___ Get fresh air
- ___ physical activity/move
- ___ prayer/meditation
- ___ meaningful connections
- ___ laughter
- ___ time for myself
- ___ visualized my future

Today I appreciate myself for: _____

Choices that did not serve me or support me: _____

I let go of: _____

Evening Reflections