

Morning Intentions

That's Life Wellness
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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