

Morning Intentions

That's Life Wellness
Judy Johnston
704-604-6636

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