

Morning Intentions

That's Life Hypnosis
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Today is _____

How I vision myself this morning:

I am grateful for:

GOALS FOR TODAY:

1. _____

Action steps: _____

2. _____

Action steps: _____

3. _____

Action steps: _____

Fun, Relaxation, and Adventure
for 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

Actions I took to validate a more positive vision of myself: _____

Patterns I replaced with something new: _____

Final thought of forgiveness: _____

Evening Reflections