

Morning Intentions

That's Life Wellness
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Today is _____

How I vision myself this morning:

Positive word(s) for today:

- | | |
|--------------------------------------|-------------------------------------|
| ☐ Peaceful | ☐ Motivated |
| ☐ Trust | ☐ Loving |
| ☐ Confident | ☐ Inspiring |
| ☐ Action | ☐ Letting go |
| ☐ Forgiveness | |

GOALS FOR TODAY:

1. _____

Action steps: _____

2. _____

Action steps: _____

3. _____

Action steps: _____

Actions to celebrate 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

Effect of my positive word today: _____

Actions I took to BE the person I desire: _____

Final thought of gratitude: _____

Evening Reflections