

Morning Intentions

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

Today is _____

I believe: (What DO I believe that will influence my life today?)

Essential Oil recipe for weight release:

4 drops lime essential oil
3 drops peppermint essential oil
3 drops grapefruit essential oil
2 drops cypress essential oil
1 drop eucalyptus essential oil
1 drop cinnamon bark essential oil

Add enough carrier oil to fill roller bottle. Apply over stomach, back of thighs, undersides of arms, after shower - 3 or 4 times a week.

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

GOALS FOR TODAY:

1. _____

Action steps: _____

2. _____

Action steps: _____

3. _____

Action steps: _____

If my belief is negative...write the opposite of it and ask yourself if that new thought feels better. If it feels better, give yourself permission to focus on that positive thought today:

My Accomplishments:

- ___ Morning Intentions
- ___ Conscious eating
- ___ Get fresh air
- ___ physical activity/move
- ___ prayer/meditation
- ___ meaningful connections
- ___ laughter (fun)
- ___ time for myself
- ___ visualized positive future

How would I like to imagine myself tonight: _____

I open to the power of my imagination understanding my life experience is within my control. Do I believe this? If not, what do I need to feel more empowered? : _____

Describe the powerful you: _____

Evening Reflections