

secondactinspiration

(Select the template that works best for
your morning routine)

Morning Rituals

“Every day, wake up with the
thought that something
wonderful is about to happen.”
— Unknown



Morning Journal



TODAY'S DATE: _____

S M T W T F S

GOAL:

AFFIRMATION:

TO DO

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

TODAY'S MOOD:

YES

NO

QUALITY SLEEP

☐☐

EXERCISE

☐☐

MEAL PLAN

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

SELF CARE PLAN:

THOUGHTS:

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Morning Reflections

Start your day with intention!

My intentions for the day:

Today's Goals:

Meditation

One Thing to Learn:

Today's Exercise:

Things I'm grateful for:

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Morning Journal

Today's Affirmation:

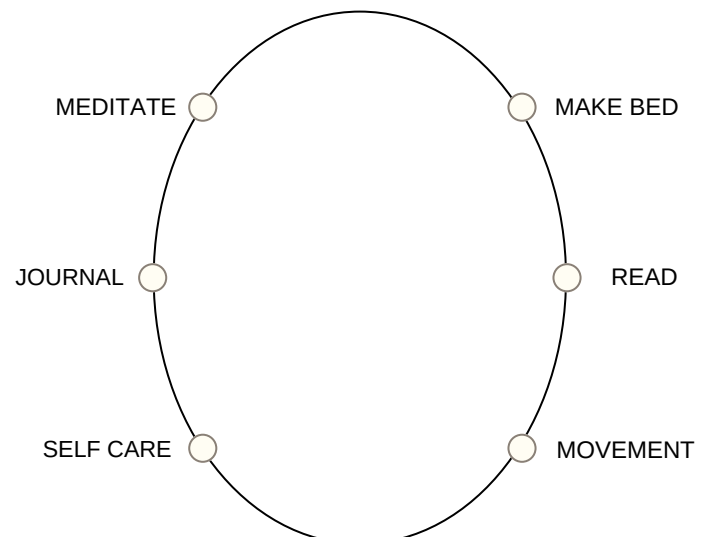
Goal of the day:

(To Do) Priority of the day:

- ☐ _____
- ☐ _____
- ☐ _____

SET INTENTIONS FOR CLARITY, VITALITY,
AND INNER PEACE, AND FEEL THE POSITIVE
IMPACT THROUGHOUT THE DAY.

ROADMAP TO AN ENERGIZED AND
PURPOSEFUL START.



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Daily Morning Journal

(Day):

(Month):

(Year):

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