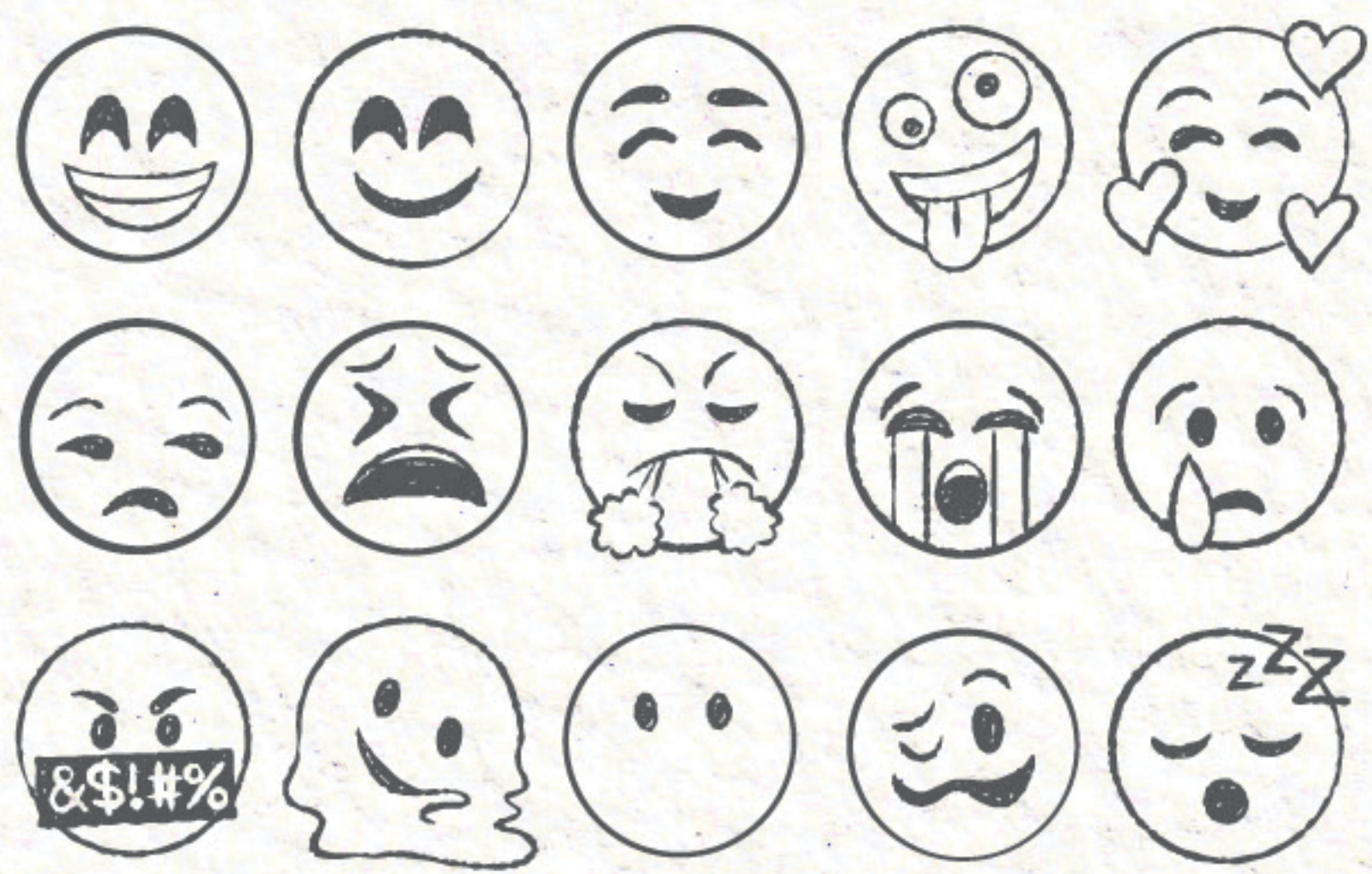


Date: _____

MORNING CHECK IN

MOOD:



I am grateful for:

1. _____
2. _____
3. _____

3 Things I will do/be conscious of today:

1. _____
2. _____
3. _____

Card/Intention:

What's on my mind:

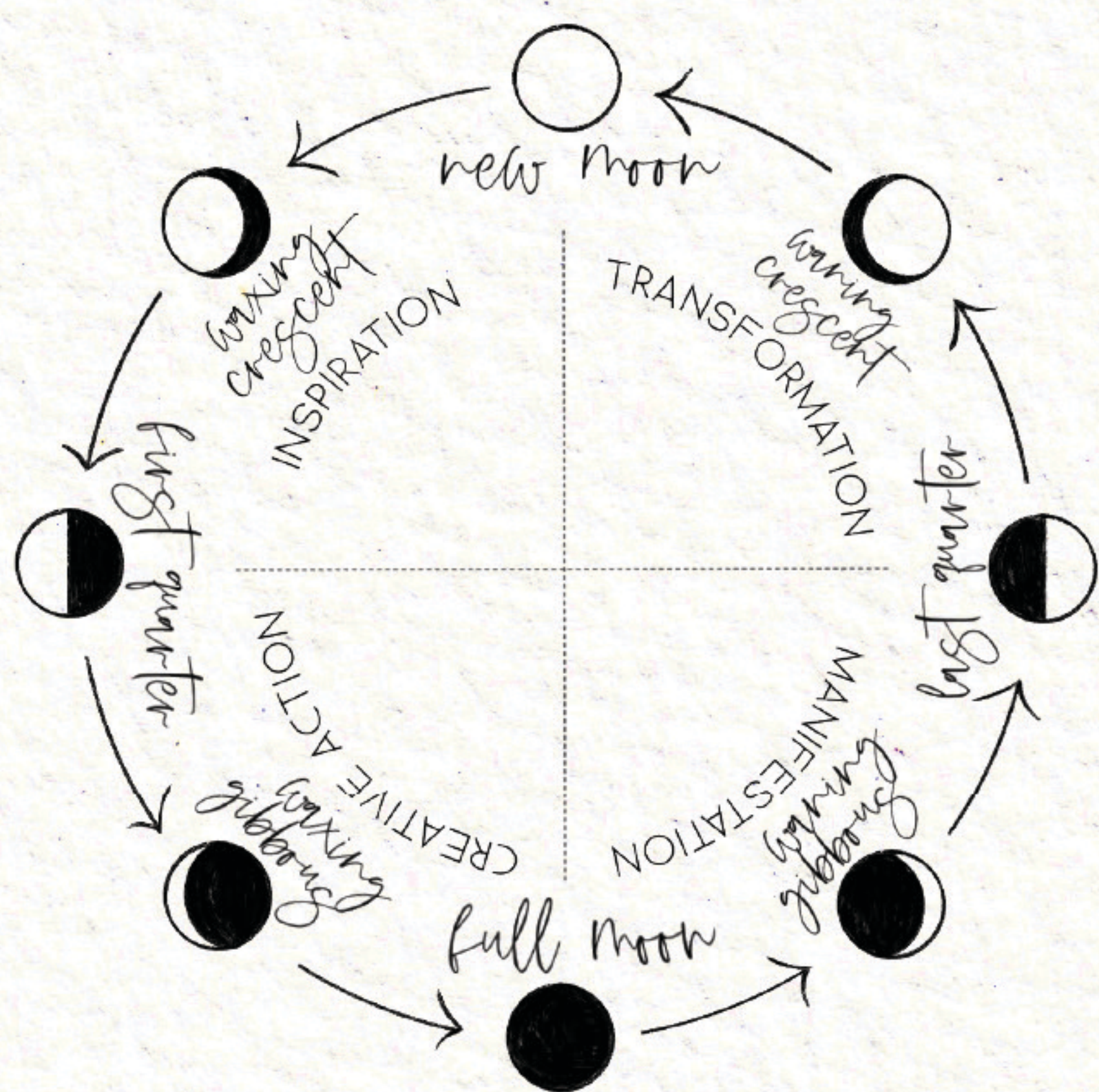
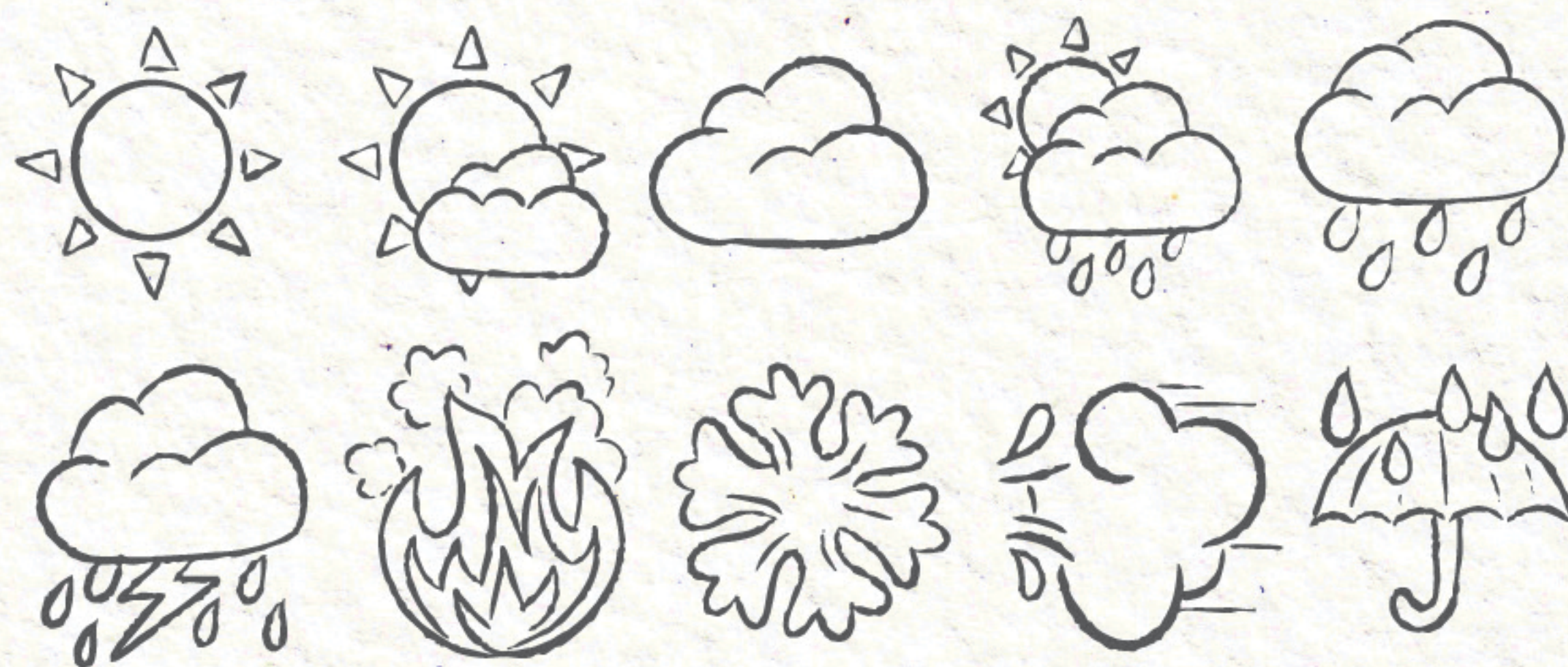
Weather:

High:

Low:

Current:

Feels Like:



breathe
love
INSPIRE
PAUSE
BE YOU
TIFUL
TRUST
listen
grow
CREATE
HEAL
EXPLORE
REFLECT
forgive

DATE: _____

Evening Reflection

One word to describe my day: _____

HOW DID I FEEL?

Mentally: _____

Emotionally: _____

Physically: _____



Card/Intention/Photos/Things I Love/Brain Dump:

Today's wins:

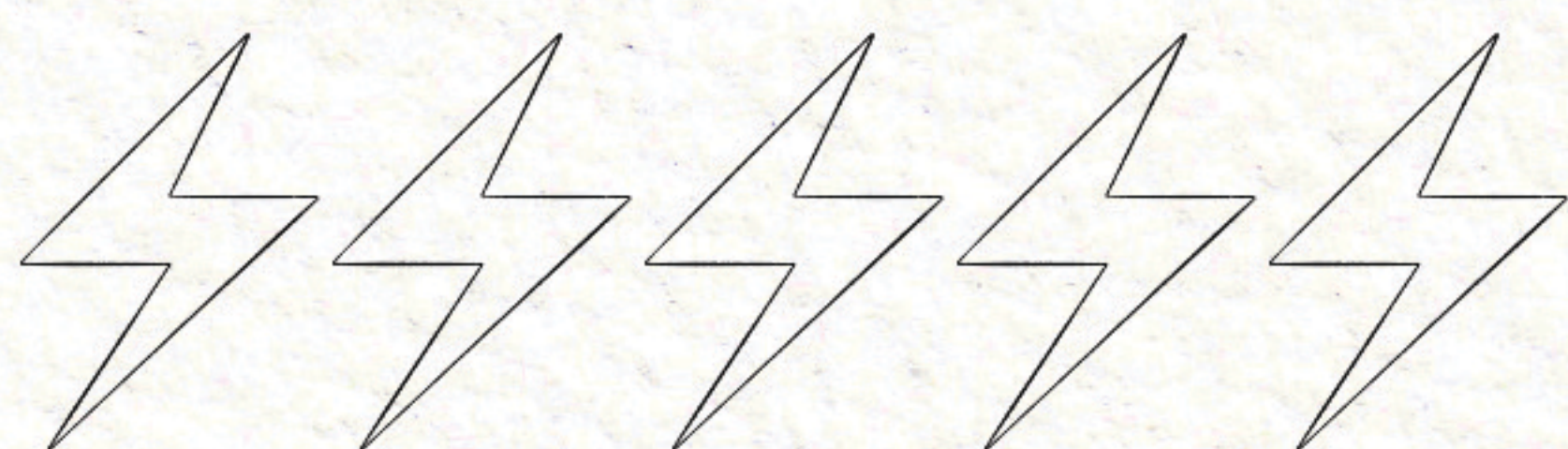
1. _____
2. _____
3. _____

Today's challenges:

1. _____
2. _____
3. _____

WHAT WOULD MAKE TOMORROW AWESOME?

How was my energy level today?



created by JULIE SCHAPPERT

Mood:

