



MORNING

Inspirations

Fill out this prompt in the morning to quickly visualize your goals, inspirations and intentions.

Date

Today's Intentions...

One word to describe what I want *today* to be...

My *inspiration* is...

I will *strive* to be...

I'm feeling...

happy



neutral



sad



motivated



stressed



scared



angry



sick



tired



surprised



loving





— NIGHTLY —
Reflections



Fill out this prompt at night to recap the day's activities and reflect on your accomplishments.

Date

Small Achievements...

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Big Achievements...

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

One thing I could have done *better* is... _____

I'm *proud* that... _____

I'm *grateful* for... _____
