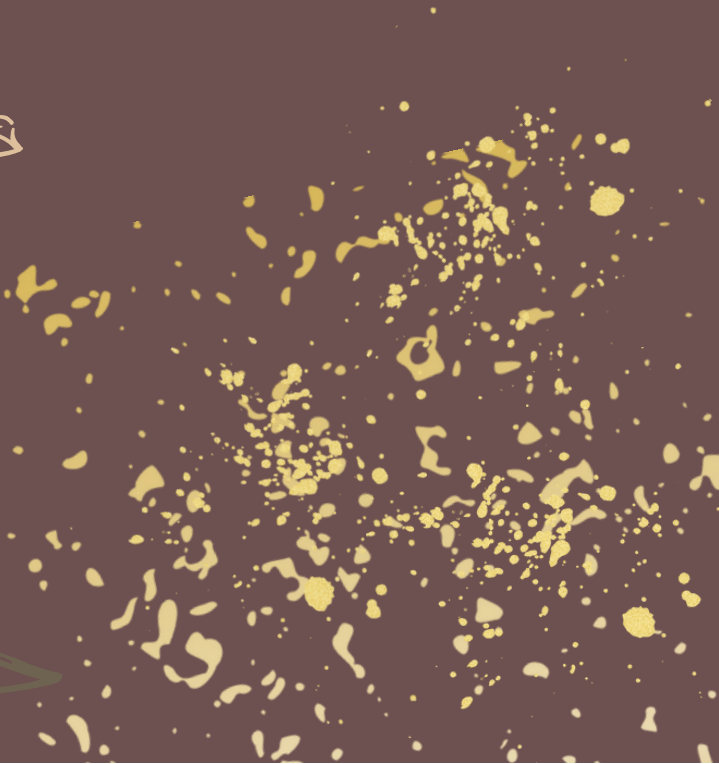


Journal



Morning Gratitude Routine

DATE: _____

TODAY I WANT TO FEEL...

TODAY I WILL SPREAD KINDNESS BY...

MY AFFIRMATION FOR TODAY IS...

MY MOOD THIS MORNING IS...



CALM



RESTED



CREATIVE



HAPPY



ANGRY



SAD



ANXIOUS



PLAYFUL



Daily Personal Planner

DATE: _____

M T W T F S S

TODAY'S SCHEDULE:

7:00 _____

8:00 _____

9:00 _____

10:00 _____

11:00 _____

12:00 _____

1:00 _____

2:00 _____

3:00 _____

4:00 _____

5:00 _____

6:00 _____

7:00 _____

8:00 _____

9:00 _____

10:00 _____

11:00 _____

PRIORITY OF THE DAY:

TO CALL/TO EMAIL

WATER INTAKE

 1L

 2L

 3L

OK

DELAY

STUCK

CANCEL