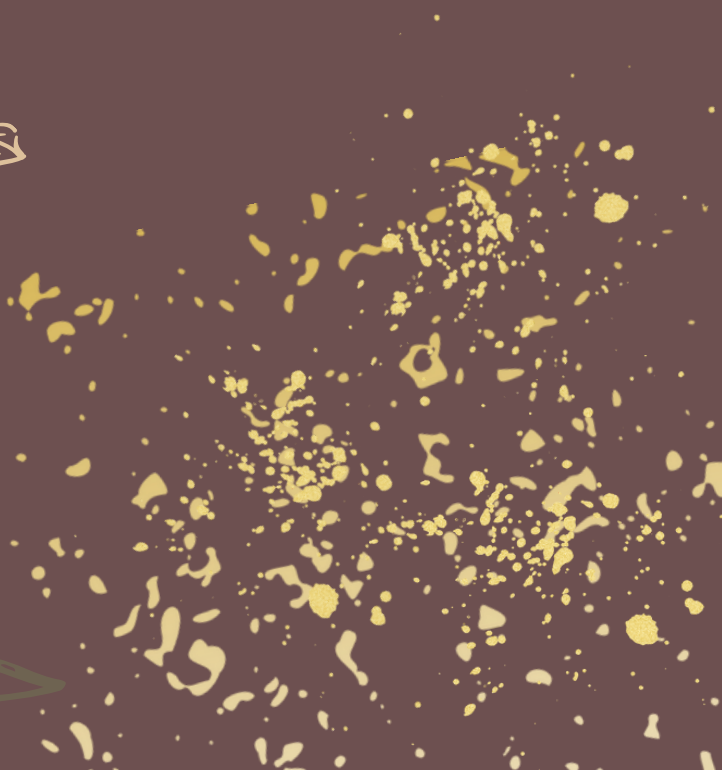




Journal



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:

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

TO CALL/TO EMAIL

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

WATER INTAKE

   	1L
   	2L
   	3L

<input checked="" type="checkbox"/> OK	<input type="checkbox"/> DELAY
<input type="checkbox"/> STUCK	<input checked="" type="checkbox"/> CANCEL