|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Day of Week: |  |  |  |  |  |  |
| Top 3 tasks for today that will progress your goals |  |  |  |  |  |  |
| Morning Mindset |  |  |  |  |  |  |
| Today I choose… |  |  |  |  |  |  |
| Something good that is going to happen today |  |  |  |  |  |  |
| I am grateful for: |  |  |  |  |  |  |
| Evening Reflection |  |  |  |  |  |  |
| Today I accomplished: |  |  |  |  |  |  |
| A situation that was stressful today and how I could have dealt with it or prevented it. |  |  |  |  |  |  |
| Today I learned or realized… |  |  |  |  |  |  |
| Was I as focused as I wanted to be and if not how can I improve? |  |  |  |  |  |  |
| How did I make today meaningful? |  |  |  |  |  |  |
| What did I do to bring joy to the day? |  |  |  |  |  |  |
| I could have made today even better if I… |  |  |  |  |  |  |
| Habits |  |  |  |  |  |  |
| Exercise |
| Hydrate |  |  |  |  |  |  |
| New habit you built today |  |  |  |  |  |  |
| How many hours of sleep |  |  |  |  |  |  |
| Connecting with People |  |  |  |  |  |  |
| What did you do to connect with someone? |