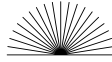


Date _____

Mo Tu We Th Fr Sa Su



MORNING REFLECTIONS

How am I feeling this morning?

Great Good Okay Not good Awful

My sleep last night was

Approx. hours _____

Get up time _____

Morning Routine

Brush teeth and wash face _____

Open a window and get fresh air _____

I HAD MY GLASS OF WATER:



I HAD MY EXERCISE:

Workout Stretch
 Walk

Today I intend _____

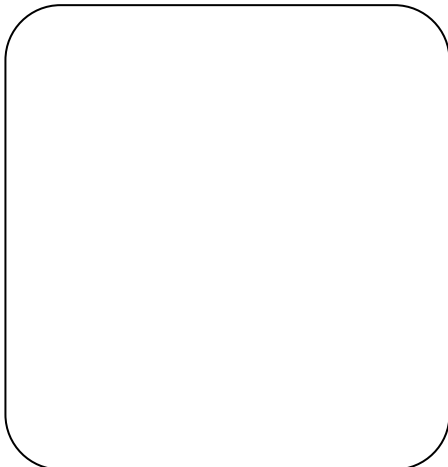
TODAY THESE AMAZING THINGS WILL COME MY WAY :)

1

2

3

MY VISION DRAWING



NOTES

