

Morning Journal

Date:

I am....[insert desired adjective; i.e. disciplined, focused, healthy, full of vitality, creative, unoffendable, poised, calm, confident]

1. I am _____.
2. I am _____.
3. I am _____.

Remember: Be Intentional Today.

I, [Insert Name], will...[insert target goal]

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

15. _____

I am grateful for...

Morning Reflection
