

# MORNING

# Journal



STARTING YOUR DAY WITH A 5 MINUTE JOURNALING SESSION —A POWERFUL TOOL THAT CAN POSITIVELY SHAPE YOUR MINDSET AND HELP YOU FIND PURPOSE IN YOUR DAY

Day:

Month:

Year:

Today's Affirmation

Goal of the day

Priority of the day:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Intentions

SET INTENTIONS FOR HOW YOU WANT TO APPROACH SITUATIONS IN YOUR DAY

## Morning Rituals Checklist

ROADMAP TO AN ENERGIZED AND PURPOSEFUL START TO YOUR DAY

