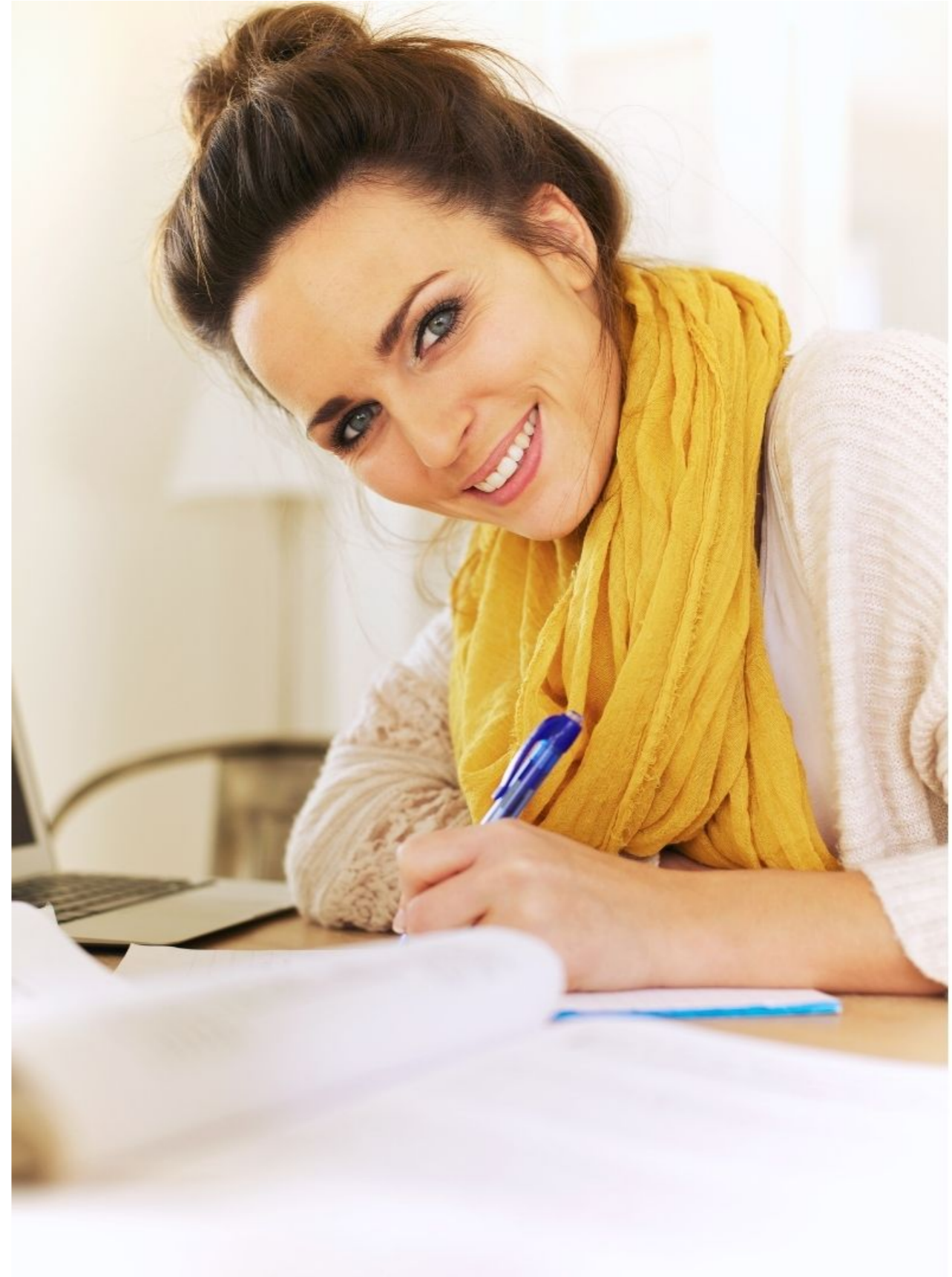




# JOURNALING



# Morning Intentions



Date: \_\_\_\_\_

Morning Thoughts, feeling, Intuitions \_\_\_\_\_

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I am grateful for \_\_\_\_\_

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## Goals for today

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Action Steps for Each Goal

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

## Fun, relaxation and adventure for today

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Evening Reflections



- morning Intentions
- home-cooked food
- mindful eating
- reduced one food
- oil pulling
- skincare

- conscious breathing
- fresh air
- physical activity
- meditation
- meaningful connections
- loving work

- touch/massage
- laughter
- time to myself
- visualised my future
- quality sleep ....hrs
- changed a habit

### high quality nourishment

warm water \_\_\_\_\_

whole grains \_\_\_\_\_

vegetables \_\_\_\_\_

healthy fats \_\_\_\_\_

proteins \_\_\_\_\_

supplements \_\_\_\_\_

### how I felt today

mood \_\_\_\_\_

energy \_\_\_\_\_

digestion \_\_\_\_\_

cravings \_\_\_\_\_

today I appreciate myself for: \_\_\_\_\_

\_\_\_\_\_

choices that did not serve me or support me \_\_\_\_\_

\_\_\_\_\_

what I am grateful for or loving thought before bed \_\_\_\_\_

\_\_\_\_\_