

My Morning Journal

*When you arise in the morning think of
what a privilege it is to be alive, to think, to
enjoy, to love...*

Marcus Aurelius

DATE: / /

I'M CURRENTLY FEELING:

THANK YOU FOR:

HOW I MOST WANT TO FEEL TODAY:

WHAT I WANT MY DAY TO LOOK LIKE:

WHAT DO I WANT TO CREATE AND EXPERIENCE IN MY LIFE?

MIND DUMP:

WHAT ARE 3 THINGS I CAN DO TODAY (BIG OR SMALL) TO GET ME CLOSER TO ACCOMPLISHING MY GOAL?

WHAT CAN I DO TODAY TO TAKE CARE OF MYSELF?