Fill out this prompt in the morning to quickly visualize your goals, inspirations and intentions.

**Today's Intentions...**

One word to describe what I want **today** to be...

My inspiration is...

I will strive to be...

**I'm feeling...**

- happy
- neutral
- sad
- motivated
- stressed
- scared
- angry
- sick
- tired
- surprised
- loving

Date
NIGHTLY Reflections

Fill out this prompt at night to recap the day’s activities and reflect on your accomplishments.

Date

---

Small Achievements...

- 
- 
- 
- 
- 
- 
- 
- 

Big Achievements...

- 
- 
- 
- 
- 
- 
- 
- 

One thing I could have done better is...

- 
- 
- 
- 

I’m proud that...

- 
- 
- 

I’m grateful for...

- 
- 
- 