

Monday

DATE: _____

Morning reflection

TODAY'S AFFIRMATIONS:

TODAY'S GOALS:

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-
-
-

TODAY I WILL FEEL

Evening reflection

TODAY I AM GRATEFUL FOR

-
-
-

WHAT WAS THE BEST THING ABOUT TODAY?

WHAT DID I ACCOMPLISH TODAY:

ONE THING I NEED TO LET GO OF:

I AM LOOKING FOWARD TO:

MY RANKING OF TODAY

Tuesday

DATE: _____

Morning reflection

TODAY'S AFFIRMATIONS:

TODAY'S GOALS:

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-
-

TODAY I WILL FEEL

Evening reflection

TODAY I AM GRATEFUL FOR

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WHAT WAS THE BEST THING ABOUT TODAY?

WHAT DID I ACCOMPLISH TODAY:

ONE THING I NEED TO LET GO OF:

I AM LOOKING FOWARD TO:

MY RANKING OF TODAY



Wednesday *Morning reflection*

DATE: _____

TODAY'S AFFIRMATIONS:

TODAY'S GOALS:

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TODAY I WILL FEEL

Evening reflection

TODAY I AM GRATEFUL FOR

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WHAT WAS THE BEST THING ABOUT TODAY?

WHAT DID I ACCOMPLISH TODAY:

ONE THING I NEED TO LET GO OF:

I AM LOOKING FOWARD TO:

MY RANKING OF TODAY



Thursday

Morning reflection

DATE: _____

TODAY'S AFFIRMATIONS:

TODAY'S GOALS:

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-

TODAY I WILL FEEL

Evening reflection

TODAY I AM GRATEFUL FOR

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WHAT WAS THE BEST THING ABOUT TODAY?

WHAT DID I ACCOMPLISH TODAY:

ONE THING I NEED TO LET GO OF:

I AM LOOKING FOWARD TO:

MY RANKING OF TODAY



Friday

Morning reflection

DATE: _____

TODAY'S AFFIRMATIONS:

TODAY'S GOALS:

TODAY I WILL FEEL

Evening reflection

TODAY I AM GRATEFUL FOR

WHAT WAS THE BEST THING ABOUT TODAY?

WHAT DID I ACCOMPLISH TODAY:

ONE THING I NEED TO LET GO OF:

I AM LOOKING FOWARD TO:

MY RANKING OF TODAY
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Saturday

DATE: _____

Morning reflection

TODAY'S AFFIRMATIONS:

TODAY'S GOALS:

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TODAY I WILL FEEL

Evening reflection

TODAY I AM GRATEFUL FOR

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WHAT WAS THE BEST THING ABOUT TODAY?

WHAT DID I ACCOMPLISH TODAY:

ONE THING I NEED TO LET GO OF:

I AM LOOKING FOWARD TO:

MY RANKING OF TODAY

★ ★ ★ ★ ★

Sunday

DATE: _____

Morning reflection

TODAY'S AFFIRMATIONS:

TODAY'S GOALS:

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TODAY I WILL FEEL

Evening reflection

TODAY I AM GRATEFUL FOR

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WHAT WAS THE BEST THING ABOUT TODAY?

WHAT DID I ACCOMPLISH TODAY:

ONE THING I NEED TO LET GO OF:

I AM LOOKING FOWARD TO:

MY RANKING OF TODAY



Week of _____

Weekly reflection

WHAT HAVE YOU LEARNED ABOUT YOURSELF?

WHAT CHALLENGED YOU AND HOW DID YOU OVERCOME IT?

Upcoming week

TOP 3 PRIORITIES:

- _____
- _____
- _____

THIS WEEKS GOAL:

STEPS TO ACCOMPLISH GOALS

I LOOK FOWARD TO: