

# Morning Reflections

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

Wake-up time: \_\_\_\_\_

## Reminders

- Take deep breaths
- Move and stretch
- Hydrate
- Take vitamins
- Set daily intention
- Set daily goals

## How I'm feeling today:

---

---

---

---

---

---

---

---

## Today's intention:

---

---

---

## Today's top 3 goals:

---

---

---

## Today's top 5 tasks:

---

---

---

---

---

---

---

---

# Evening Reflections

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

Bedtime: \_\_\_\_\_

## Reminders

- Take deep breaths
- Do skincare routine
- Make a cup of tea
- Take supplements
- Read part of a book
- Practice gratitude

## How I felt today:

---

---

---

---

---

---

---

---

## Today's challenges/lessons:

---

---

---

## Today's biggest takeaway:

---

---

---

## I'm grateful for:

---

---

---

---

---

---

---

---