

# MORNING JOURNAL

*Complete upon waking.*

## Primary Task.

*If this was the only thing you did, you'd be satisfied.*

1. \_\_\_\_\_

## Secondary Tasks.

*Completing these tasks will move you toward your goals and make the day even better.*

2. \_\_\_\_\_

3. \_\_\_\_\_

## Additional Tasks.

*Do these only after you have completed the tasks above.*

4. \_\_\_\_\_

5. \_\_\_\_\_

## Values.

*How will you express your Core Values today?*

\_\_\_\_\_

\_\_\_\_\_



# EVENING JOURNAL

*Complete before sleeping.*

## Gratitude.

*What are you grateful for?*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Wins.

*What did you accomplish? What amazing things happened?*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Losses.

*Where did you fail? What didn't go as planned?*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Lessons.

*How could you have made today even better? What will you do differently tomorrow?*

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