Daily intentions

Evening reflections

HOOSE OUR YMBOL:	
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ODAY'S MANTRA	HOW WOULD I SUM UP TODAY?
MY TOP THREE GOALS ARE	
ANYTHING ELSE TO ACHIEVE?	WHAT WAS MY GENERAL MOOD?
	THREE THINGS I DID WELL TODAY
T'S ALL ABOUT ME! (SELF-CARE TASK TODAY)	•
T S ALL ABOUT ME! (SELT-CARE TASK TODAT)	•
NOTE TO SELF TODAY IS	MY GRATITUDE MOMENT
	The is a page taken from The Positive Planner

and practice the art of writing for wellbeing. You can find more at www.thepositiveplanners.com