

# DAILY ROUTINE

Date:     /     /

Day:  
S  M  T  W  T  F  S

Today, I am thankful for...

- 1. ....
- 2. ....
- 3. ....

My focus for today is...

- 1. ....
- 2. ....
- 3. ....

Positive thoughts I want to embrace today...

- 1. ....
- 2. ....
- 3. ....

## DAILY GOALS CHECK-IN:

Goals Achieved:

Still Working On:

Focus for Tomorrow:

• Mood Tracker:



• Day Rating:



• Intentions for Tomorrow:

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