



Journal

DAILY ROUTINE / DAILY REFLECTION

DATE:

PRESENT GRATITUDE (3 OR 4 THINGS, PEOPLE, SITUATIONS YOU ARE GRATEFUL FOR IN YOUR LIFE)



GOAL STATEMENT IN PRESENT TENSE (WRITE WHAT YOU WANT TO MANIFEST IN YOUR PHYSICAL SPACE/WORLD. READ IT OUT LOUD AND FEEL THE EMOTION OF HAVING ALREADY ACHIEVED IT. IT WILL HELP YOU TO MAINTAIN YOUR FOCUS / ATTENTION.

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I AM SO HAPPY AND GRATEFUL NOW THAT

MEDITATE / VISUALIZE YOUR GOAL FOR 5 MINUTES (USE YOUR SENSORY ABILITIES TO DO THIS)

Affirm / Autosuggestion





INTENTION / STEPS TO TAKE AT THE BEGINNING OF YOUR DAILY ACTIVITIES IN A GOAL-ORIENTED WAY

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PERSON/SITUATION THAT MADE YOU SMILE TODAY.







DAILY WINS



HABITS TO DEVELOP (30 DAYS WITHOUT BREAKING THE CHAIN)

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Moment of Reflection

YOUR ATTITUDE TODAY TOWARDS A BETTER VERSION OF YOURSELF / SERVICE

