

# Morning Intention

## Instructions

### Gratitude

- 1
- 2
- 3
- 4
- 5

5 things you are grateful for in the last 24 hours.  
PS... this can be ANYTHING. Caffeine often makes my list. :-)

BE? Who do you want to be?

### Mindfulness

- ♥ Who do you want to connect with?
- ▲ How will you feed your spirit?
- How will you stimulate your mind?
- ★ What will you do to take care of your body?
- 💰 What will you do to protect your finances?



### Progress

- 1
- 2
- 3

Three manageable tasks necessary to make steps toward your a goal, dream, or change.  
The point here is to choose tasks you can COMPLETE and make progress on something you truly desire.  
Again... keep these simple! This isn't where detailed goal planning happens. The purpose here is to kick off the day with an intentional mindset.



### Affirmation

YOU ~ POSITIVE ~ PRESENT

Affirmations are meant to be a written or spoken statement affirming and building a belief about yourself. Create a new one daily, or better yet, pick one and stick with it for the week!  
You are beautiful and incredibly successful. Right now.

# Instructions

# Evening Evaluation

From symbols in the Morning Mindfulness section. Example to follow.



*Evaluate*

1

10

**BADASS.**

*Own it!*

How did you kick ass today?  
There is something.  
Do not leave this blank!

**UGH!**

*This too.*

What did you tank today? The "if I could have a do-over" thing for the day.

**LET IT GO.**

*Drop it.*

What's the lesson from the UGH?  
Give yourself permission to let the rest go.  
This small box cannot work out all things in one sitting. But a whole lot of crap we hold on to dissipates just by taking an honest look. The bigger issues require time and often some help. BUT they all start in the same place:  
**Accepting that you are human and that you deserve to learn and move on.**

**CONGRATS!**

*Celebrate!*

**Take. The. Win.  
Every. Single. Day.**

Celebrate the badass moment above. Celebrate facing the UGH of the day. Congratulate yourself for making it to the end of the day and finishing with self-care. Imagine making a toast to yourself for this day...and write it down.

# What is your 1 - 10?

This is an exercise to determine how you evaluate --NOT JUDGE-- yourself and your day. What does a well-rounded you look like? Describe what a score of 10 is to you in each of the following categories. And, while we don't like to think of it, what is "bottom of the barrel?" Take a minute to describe it as well.

Objective evaluation is a power part of growth. When each day results in either forward motion or lessons that make us stronger for the next round, EVERY day is a win to celebrate!

## Relationships

10=

1=

---

## Spirit

10=

1=

---

## Mind

10=

1=

---

## Body

10=

1=

---

## Finances

10=

1=

# Morning Intention

Date:     /     /    

## GRATITUDE

- 1
- 2
- 3
- 4
- 5

BE?

## MINDFULNESS

- ♥
- ▲
- 
- ★
- Ⓢ

## PROGRESS

- 1
- 2
- 3

## AFFIRMATION

Date:     /     /    

# Evening Evaluation



1

10

**BADASS.**

**UGH!**

**LET IT GO.**

**CONGRATS!**