

Morning Journal

(Remember)

A FEW MOMENTS OF REFLECTION CAN CREATE LASTING CLARITY.

Day

Week 1

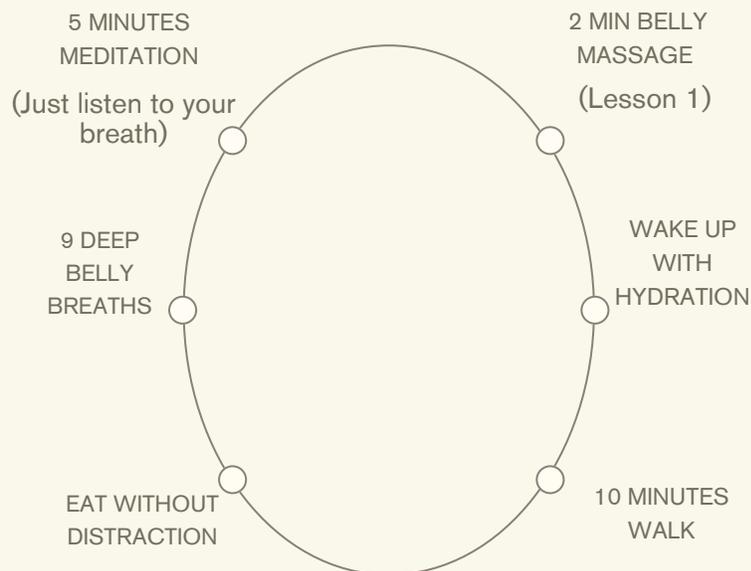
What Feels Most Important Today

What My Body & Mind Need Most

What foods made me feel energized and light today?

How does my gut feel emotionally?

(Morning Rituals Checklist)



OK

STUCK

CANCEL