



Morning

I am thankful for

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. .

Affirmation

.

I am excited about

.

What would make today feel full

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. .

Free-write (empty your mind or reflect on today's quotation)

Night

Headline:

I noticed joy and beauty in these details: (Sight, Smell, Sound, Touch, Taste)

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. .
. .
. .

Today's thoughts, actions, or moments that increased my energy

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Today's thoughts, actions, or moments that depleted my energy

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How I served others

.

What I learned

.

Wish yourself well. Then visualize someone in your life and genuinely wish them happiness.