A CALMER BEING

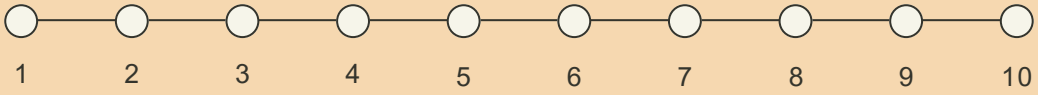
planner

MY THOUGHTS| PRIORITIES| REFLECTIONS

GROWTH LIFE POWER

SELF-REFLECTION JOURNAL

HOW AM I FEELING TODAY?



WHAT WENT WELL TODAY?

SOMETHING I'M PROUD OF:

3 THINGS I AM GRATEFUL FOR TODAY:

(01)

(02)

(03)

WHAT WAS DIFFICULT OR DIDN'T GO AS PLANNED?

MOOD

CHALLENGE

MINDSET RESET

WHAT CAN I LEARN FROM IT?

WIN OF TODAY

TOMORROW FOCUS

WEEKLY OVERVIEW

Date:

Monday ○ _____ ○ _____ ○ _____	Notes
Tuesday ○ _____ ○ _____ ○ _____	Notes
Wednesday ○ _____ ○ _____ ○ _____	Notes
Thursday ○ _____ ○ _____ ○ _____	Notes
Friday ○ _____ ○ _____ ○ _____	Notes
Weekend ○ _____ ○ _____ ○ _____	Notes

DAILY FLOW

DATE

TODAY'S SCHEDULE

6-7 AM	
7-8 AM	
8-9 AM	
9-10 AM	
10-11 AM	
11-12 AM	
12-1 PM	
1-2 PM	
2-3 PM	
3-4 PM	
4-5 PM	
6-7 PM	
7-8 PM	
8-9 PM	

TOP PRIORITIES

TO DO LIST..

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

FOR TOMORROW..

NOTE..

REFRAME PAST EXPERIENCES

Reflect upon your present blessings - of which every man has many - not on your past misfortunes, of which all men have some.

– CHARLES DICKENS

Recall a past experience that challenged you emotionally. Reflect on how that experience played a part in your personal evolution and see how setbacks can be blessings in disguise, in retrospect. List all the positive aspects of what happened then, and who you have now become.

Now, why are you thankful for that past learning experience?