



Journaling



Good
Morning



MORNING KICKSTARTER

5 minute journaling

S M T W T F S

WHAT IS ONE THING I AM GRATEFUL FOR?

WHAT'S IS 1 THING I AM EXCITED ABOUT?

WHAT IS ONE VIRTUE I WANT TO EXHIBIT?

MORNING KICKSTARTER

5 minute journaling

S M T W T F S

WHAT IS ONE THING I AM AVOIDING?

WHAT IS ONE THING I NEED TO DO?

NOTES

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E **Good**
vening



EVENING SHUTDOWN

5 minute journaling

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WHAT WERE THE BIGGEST WINS OF THE DAY?

DID I HAVE ANY MAJOR REALIZATION?

WHAT'S ON AGENDA FOR TOMORROW?

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Reflection



WEEKLY GOALS

5 minute journaling

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HOW DID IT GO THIS WEEK?

WHAT ARE MY GOALS FOR NEXT WEEK?

NOTES