

Today is ____ / ____ / ____

On a scale of 1-10 how do I feel about today? _____

What 3 things can I celebrate today? (progress, success, gratitude, appreciation)

1. _____
2. _____
3. _____

What are my incompletes today? (Pressing items that needed my attention)

Why didn't these get done?

What did I learn about myself today or what was the lesson in today?

What positive choice did I make today that is consistent with who I want to be?

Where do I need to be kinder to myself?

What, if anything, triggered a negative today or how did I deal with conflict?

What did I do today just for me?

How were the kids today, what do I teach them?

What action, thought, or step did I take to move me closer to my goals?

Anything else important about today?

How was my day on a scale of 1-10 after completing this? _____

What's the difference and why?
