

# MORNING JOURNAL

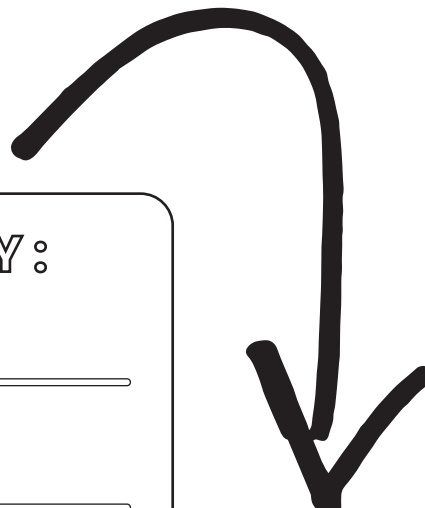
CONNECT YOUR BRAIN TO YOUR HAND.

BALANCE YOUR EMOTIONS, CALIBRATE YOUR MOOD AND SHARPEN YOUR FOCUS. PRACTICE WRITING YOUR GOALS DAILY, THESE CAN BE MICRO IN SIZE OR AS BIG AS THE SKY.

TODAY'S DATE:

○ ○ ○

## THIS IS CHANGE, THIS IS PROGRESS, THIS IS GROWTH!



3 GOALS FOR TODAY :

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3 SHORT TERM GOALS :

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3 LONG TERM GOALS :



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# NIGHT TIME JOURNAL

CONNECT YOUR BRAIN TO YOUR HAND.

BALANCE YOUR EMOTIONS, CALIBRATE YOUR MOOD AND SHARPEN YOUR FOCUS. PRACTICE SELF REFLECTION DAILY, TRY NOT TO THINK TOO HARD, LET EASE IN AND FLOW OUT.

TODAY'S DATE:

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**THIS IS CHANGE, THIS IS PROGRESS, THIS IS GROWTH!**

TODAY I...

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MY TOP 3 HAPPIEST THOUGHTS :

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FIVE THINGS I AM GRATEFUL FOR :

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