

## Morning Entry

One person who needs me to show up today, and have a positive impact on them, is...

The one thing I am most excited about today is...

Something that could trigger me and stress me out today is...

The way I will deal with that is...

Someone I could send a note, gift or just show appreciation to is...

Today's number one priority is: \_\_\_\_\_

Give a brief description of what a good outcome would be for your...

Focus

Fitness

Family

Finance

Fun

## Evening Entry

Complete the following sentences:

The best part of my day today was...

Someone who I impacted in a positive way today was...

Something that I learnt or realised that I need to remember is...

Something I did today that progressed my outcomes forward the most was...

The way I want to feel when I wake up tomorrow is...

What were today's 3 wins?

1.

2.

3.