

DAILY ROUTINE

Date: / /

Day:

S ☐ M ☐ T ☐ W ☐ T ☐ F ☐ S ☐

Today, I am thankful for...

1.
2.
3.

My focus for today is...

1.
2.
3.

Positive thoughts I want to embrace today...

1.
2.
3.

DAILY GOALS CHECK-IN:

Goals Achieved:

Still Working On:

Focus for Tomorrow:

• Mood Tracker:

☹️ ☹️ ☹️ 😊 😄 (Circle the one that fits)

• Day Rating:

☆ ☆ ☆ ☆ ☆ (Circle how many stars you give)

• Intentions for Tomorrow:

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