

date: _____

m t w th f s sn

sleep time : a/p to : a/p
quality 1 2 3 4 5 6 7 8 9 10

upon waking

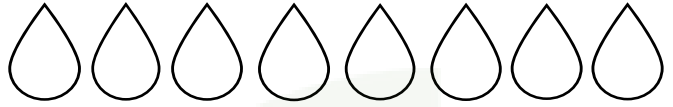
reflections

wins from yesterday

ways to improve today

hydration

goal: _____



to do

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

work

- _____
- _____
- _____
- _____
- _____
- _____
- _____

before sleeping

reflections

thoughts for tomorrow

strengths to call on

relationships

quality 1 2 3 4 5 6 7 8 9 10

reflections

self-attention

