

# MORNING JOURNAL

KOKUMBER

# MORNING JOURNAL

DATE: / / M T W T F S S

3 THINGS YOU'RE GRATEFUL FOR

---

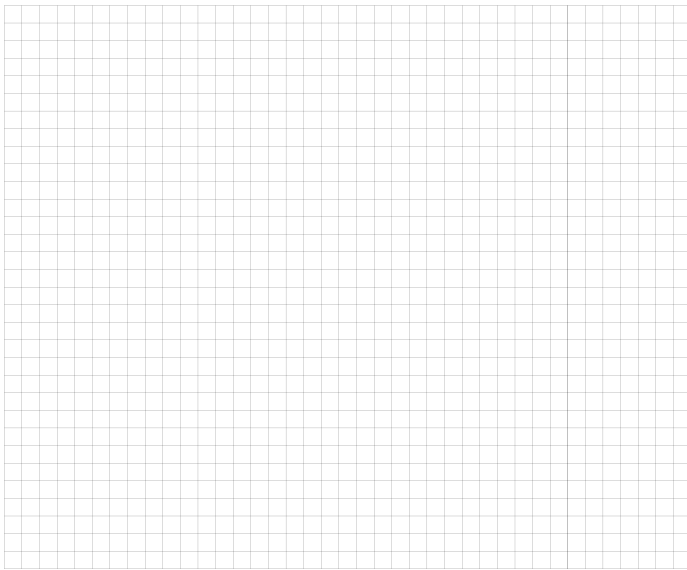
---

---

IF YOU ONLY HAD 1 TASK TO DO TODAY, WHAT WOULD IT BE?

---

HOW CAN YOU MAKE TODAY MORE FUN?



INTENTION FOR THE DAY

---

---

---

## DAILY CHECK IN

WHAT WENT WELL YESTERDAY?

---

---

WHAT DIDN'T GO WELL?

---

---

HOW CAN I IMPROVE TODAY?

---

---

WHAT TIME OF THE DAY WERE YOU THE MOST PRODUCTIVE?

---

## MINDSET

RESULTS YOU WANT TO ACCOMPLISH?

---

---

WHAT DO YOU NEED TO FEEL?

---

---

ACTIONS YOU NEED TO TAKE?

---

---

WHAT DO YOU NEED TO THINK?

---

---