

POSITIVE = PRODUCTIVE

# Morning

## R O U T I N E

- |   |  |
|---|--|
| <input type="checkbox"/> Make your bed                      | <input type="checkbox"/> Read Bible                  |
| <input type="checkbox"/> 10 min meditation                  | <input type="checkbox"/> Check Finances              |
| <input type="checkbox"/> 5-10 mins stretch / walk / run     | <input type="checkbox"/> Start kids day off positive |
| <input type="checkbox"/> Prayer                             | <input type="checkbox"/> Check your schedule         |
| <input type="checkbox"/> Gratitude List                     | <input type="checkbox"/> Write to-do list for today  |
| <input type="checkbox"/> Read educational/ self development | <input type="checkbox"/> Listen to favorite music    |

AM TO-DO LIST

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PM TO-DO LIST

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NOTES / EMOTIONAL TONE

# GRATITUDE JOURNAL

**MORNING LOG**

DATE \_\_\_\_\_

MY INTENTION

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MY DAILY AFFIRMATION

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TODAY, I'M GRATEFUL FOR

● \_\_\_\_\_  
● \_\_\_\_\_  
● \_\_\_\_\_  
● \_\_\_\_\_

WATER TRACKER



WEATHER



GOALS I WANT TO ACHIEVE TODAY

● \_\_\_\_\_  
● \_\_\_\_\_

NOTES

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