

# MORNING JOURNAL

**A daily tool**

TO IMPROVE YOUR MINDSET, TRACK  
WHAT MATTERS, AND TRULY LEARN  
ABOUT YOURSELF.



# Daily Journal

*IM NOT TELLING YOU ITS GOING TO BE EASY.  
IM TELLING YOU ITS GOING TO BE WORTH IT.  
-ART WILLIAMS*

Things I want to improve

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Actions that I am committed to taking today to improve

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Daily Affirmations. I am...

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# Daily Journal

ALL OF YOUR QUESTIONS CAN BE ANSWERED, IF THAT IS WHAT YOU WANT. BUT ONCE YOU LEARN YOUR ANSWERS, YOU CAN NEVER UNLEARN THEM.  
-NEIL GAIMAN

3 things that I am grateful for today

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Accomplishments

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What are 3 things that would make today great?

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What are 3 things that I am looking forward to today?

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# Daily Journal

*ONLY THOSE WHO WILL RISK GOING TOO FAR  
CAN POSSIBLY FIND OUT HOW FAR ONE CAN GO.  
-T.S. ELIOT*

## Top 5 weekly goals/commitments

My top 5 goals that I am 100% committed to achieving this week are:

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## Today's To-Do List

Priority (1-10)	Event/Action

