Name _____ Age _____

Gender _____ Date _____ mm/dd/yyyy

Morning: set your tone. Evening: notice what went well. Write freely—messy handwriting is welcome.

MORNING

Right now, I'm grateful for...

One ordinary thing I don't want to miss is...

If today feels hard, I can support myself by...

EVENING

A moment I want to remember:

What I appreciated about myself today:

One thing I can release for tonight:

PERSONAL INSIGHTS

What pattern did I notice in my thoughts or choices today?

Printamoo.com