

# Daily Journal

My action step for this week is: \_\_\_\_\_

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## Morning

### Check List

- Practice *Stillness*.
- Read vision statement.
- Recite my affirmations.
- Review this week's action step.
- Three things I plan to accomplish today that will move me closer to my goal.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Evening

Three things I accomplished today.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Five things for which I am truly grateful. (Can include accomplishments, relationships, and universal resources.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_