

Morning Journal

IMMERSE YOURSELF IN THE PRACTICE OF A FOCUSED MORNING JOURNAL—A POWERFUL TOOL THAT CAN POSITIVELY SHAPE YOUR MINDSET AND WELL-BEING.

(Day):

(Month):

(Year):

What I Am Grateful For

Goal Of The Day

(To Do) Priorities of the day:

- ☐ _____
- ☐ _____
- ☐ _____

Distractions

WRITE DOWN ANYTHING THAT COULD BE DISTRACTING OR STRESSFUL WHICH KEEPS YOU FROM FOCUSING ON WHAT YOU WANT AND WHAT YOU WANT TO CREATE IN YOUR LIFE.

Get Intentional

SET INTENTIONS FOR CLARITY, VITALITY, AND INNER PEACE, AND FEEL THE POSITIVE IMPACT THROUGHOUT THE DAY.



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