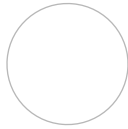


GRATEFUL JOURNAL



DAILY PRACTICE
2026



One who knows enough is rich.

— Lao Tzu

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Jan 6, 2026

Evening

Mood _____/10

Energy _____/10

3 good things that happened:

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Jan 8, 2026

Evening

Mood _____/10

Energy _____/10

3 good things that happened:

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Jan 9, 2026

Evening

Mood _____/10

Energy _____/10

3 good things that happened:

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10 Energy _____/10 Mood _____/10



Grateful for:

- 1 _____
- 2 _____
- 3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Jan 11, 2026

Morning

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Jan 11, 2026

Evening

Mood _____/10

Energy _____/10

~~~~~

3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_



Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

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One adjustment for tomorrow:

\_\_\_\_\_

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_



Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

**Sat, Jan 17, 2026**

Morning

**Sleep** \_\_\_\_\_/10

Energy \_\_\_\_\_/10

**Mood** \_\_\_\_\_/10

**Grateful for:**

**Today will be a win if:**

**One priority:**

**How I'll show up today:**

Sat, Jan 17, 2026

Evening

**Mood** \_\_\_\_\_/10

Energy \_\_\_\_\_/10

**3 good things that happened:**

**Why they happened / what I did right:**

### One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Sun, Jan 18, 2026

Evening

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10

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3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Jan 24, 2026

Evening

Mood _____ /10

Energy _____/10

3 good things that happened:

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Jan 26, 2026

Evening

Mood _____/10

Energy _____/10

3 good things that happened:

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Jan 30, 2026

Evening

Mood _____/10

Energy _____/10

3 good things that happened:

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Feb 1, 2026

Evening

Mood _____/10

Energy _____/10

~~~~~

3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

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One adjustment for tomorrow:

\_\_\_\_\_

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

\_\_\_\_\_

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One adjustment for tomorrow:

\_\_\_\_\_

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_



Thu, Feb 5, 2026

Evening

**Mood** \_\_\_\_\_/10

Energy \_\_\_\_\_/10

**3 good things that happened:**

### Why they happened / what I did right:

### One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Sat, Feb 7, 2026

Evening

**Mood** \_\_\_\_\_/10

Energy \_\_\_\_\_/10

**3 good things that happened:**

### Why they happened / what I did right:

### One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

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One adjustment for tomorrow:

\_\_\_\_\_

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_



Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

**Tue, Feb 10, 2026**

Evening

**Mood** \_\_\_\_\_/10

**Energy** \_\_\_\_\_/10

~~~~~

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Feb 13, 2026

Morning

Sleep _____/10

Energy _____/10

Mood _____/10

~~~~~

Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

One priority:

How I'll show up today:



**Fri, Feb 13, 2026**

Evening

**Mood** \_\_\_\_\_/10

**Energy** \_\_\_\_\_/10

~~~~~

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Feb 15, 2026

Evening

Mood _____/10

Energy _____/10

~~~~~

3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

**Tue, Feb 17, 2026**

Morning

**Sleep** \_\_\_\_\_/10

**Energy** \_\_\_\_\_/10

**Mood** \_\_\_\_\_/10

~~~~~

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Feb 17, 2026

Evening

Mood _____/10

Energy _____/10

~~~~~

**3 good things that happened:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**Why they happened / what I did right:**

**One adjustment for tomorrow:**

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

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One adjustment for tomorrow:

\_\_\_\_\_

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

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One adjustment for tomorrow:

\_\_\_\_\_

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_



Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

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One adjustment for tomorrow:

\_\_\_\_\_

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

One priority:

How I'll show up today:



Wed, Feb 25, 2026

Evening

**Mood** \_\_\_\_\_/10

Energy \_\_\_\_\_/10

**3 good things that happened:**

**Why they happened / what I did right:**

### One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

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One adjustment for tomorrow:

\_\_\_\_\_

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

**Fri, Feb 27, 2026**

Evening

**Mood** \_\_\_\_\_/10

**Energy** \_\_\_\_\_ /10

**3 good things that happened:**

**Why they happened / what I did right:**

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

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One adjustment for tomorrow:

\_\_\_\_\_

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_



Sun, Mar 1, 2026

Evening

**Mood** \_\_\_\_\_/10

Energy \_\_\_\_\_/10

**3 good things that happened:**

### Why they happened / what I did right:

### One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

One priority:

How I'll show up today:

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

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One adjustment for tomorrow:

\_\_\_\_\_

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10                      Energy \_\_\_\_\_/10                      Mood \_\_\_\_\_/10



Grateful for:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Today will be a win if:

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One priority:

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How I'll show up today:

\_\_\_\_\_



Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

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One adjustment for tomorrow:

\_\_\_\_\_

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

**Sun, Mar 8, 2026**

Evening

**Mood** \_\_\_\_\_ /10

Energy \_\_\_\_\_/10

**3 good things that happened:**

**Why they happened / what I did right:**

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Today will be a win if:

One priority:

How I'll show up today:



Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_



Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Sat, Mar 14, 2026

Evening

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10

~~~~~

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Mar 21, 2026

Evening

Mood _____/10

Energy _____/10

3 good things that happened:

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Mar 23, 2026

Evening

Mood _____/10

Energy _____/10

3 good things that happened:

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Mar 27, 2026

Evening

Mood _____/10

Energy _____/10

3 good things that happened:

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Apr 3, 2026

Evening

Mood _____/10

Energy _____ /10

3 good things that happened:

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Apr 6, 2026

Evening

Mood _____/10

Energy _____/10

3 good things that happened:

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Apr 8, 2026

Morning

Sleep _____/10

Energy _____/10

Mood _____/10

Grateful for:

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Apr 10, 2026

Evening

Mood _____/10

Energy _____/10

~~~~~

**3 good things that happened:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**Why they happened / what I did right:**

**One adjustment for tomorrow:**

Sleep \_\_\_\_\_/10                      Energy \_\_\_\_\_/10                      Mood \_\_\_\_\_/10



Grateful for:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Today will be a win if:

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One priority:

---

How I'll show up today:

---

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Sun, Apr 12, 2026

Evening

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10

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3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Apr 14, 2026

Evening

Mood _____/10

Energy _____/10

3 good things that happened:

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Apr 17, 2026

Morning

Sleep _____/10

Energy _____/10

Mood _____/10

~~~~~

**Grateful for:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**Today will be a win if:**

**One priority:**

**How I'll show up today:**

**Fri, Apr 17, 2026**

Evening

**Mood** \_\_\_\_\_/10

**Energy** \_\_\_\_\_/10

~~~~~

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Apr 19, 2026

Morning

Sleep _____/10

Energy _____/10

Mood _____/10

~~~~~

Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

One priority:

How I'll show up today:

Sun, Apr 19, 2026

Evening

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10

~~~~~

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10 Energy _____/10 Mood _____/10



Grateful for:

- 1 _____
- 2 _____
- 3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

- 1 _____
- 2 _____
- 3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Apr 28, 2026

Evening

Mood _____/10

Energy _____/10

3 good things that happened:

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Apr 29, 2026

Evening

Mood _____/10

Energy _____ /10

3 good things that happened:

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10 Energy _____/10 Mood _____/10



Grateful for:

- 1 _____
- 2 _____
- 3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10 Energy _____/10 Mood _____/10



Grateful for:

- 1 _____
- 2 _____
- 3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, May 16, 2026

Evening

Mood _____/10

Energy _____/10

3 good things that happened:

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, May 20, 2026

Evening

Mood _____/10

Energy _____/10

3 good things that happened:

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, May 22, 2026

Morning

Sleep _____/10

Energy _____/10

Mood _____/10

Grateful for:

Today will be a win if:

One priority:

How I'll show up today:

Fri, May 22, 2026

Evening

Mood _____/10

Energy _____/10

3 good things that happened:

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, May 31, 2026

Evening

Mood _____/10

Energy _____/10

3 good things that happened:

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Jun 1, 2026

Evening

Mood _____/10

Energy _____/10

3 good things that happened:

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Jun 4, 2026

Evening

Mood _____/10

Energy _____/10

3 good things that happened:

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Jun 5, 2026

Evening

Mood _____/10

Energy _____/10

3 good things that happened:

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Jun 12, 2026

Morning

Sleep _____/10

Energy _____/10

Mood _____/10

~~~~~

**Grateful for:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**Today will be a win if:**

**One priority:**

**How I'll show up today:**

**Fri, Jun 12, 2026**

Evening

**Mood** \_\_\_\_\_/10

**Energy** \_\_\_\_\_/10



**3 good things that happened:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**Why they happened / what I did right:**

**One adjustment for tomorrow:**

Sleep \_\_\_\_\_/10                      Energy \_\_\_\_\_/10                      Mood \_\_\_\_\_/10



Grateful for:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Today will be a win if:

One priority:

How I'll show up today:



Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

One adjustment for tomorrow:

\_\_\_\_\_

Sun, Jun 14, 2026

Morning

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10

~~~~~

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Jun 14, 2026

Evening

Mood _____/10

Energy _____/10

~~~~~

3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

**Tue, Jun 16, 2026**

Morning

**Sleep** \_\_\_\_\_/10

**Energy** \_\_\_\_\_/10

**Mood** \_\_\_\_\_/10

~~~~~

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Jun 16, 2026

Evening

Mood _____/10

Energy _____/10

~~~~~

**3 good things that happened:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**Why they happened / what I did right:**

**One adjustment for tomorrow:**

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_



Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Jun 19, 2026

Morning

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10

~~~~~

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Jun 19, 2026

Evening

Mood _____/10

Energy _____/10

~~~~~

**3 good things that happened:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**Why they happened / what I did right:**

**One adjustment for tomorrow:**

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

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One adjustment for tomorrow:

\_\_\_\_\_

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_



Sun, Jun 21, 2026

Evening

**Mood** \_\_\_\_\_/10

Energy \_\_\_\_\_/10

**3 good things that happened:**

**Why they happened / what I did right:**

### One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10                      Energy \_\_\_\_\_/10                      Mood \_\_\_\_\_/10



Grateful for:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Today will be a win if:

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One priority:

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How I'll show up today:

---

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

\_\_\_\_\_

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\_\_\_\_\_

One adjustment for tomorrow:

\_\_\_\_\_

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

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\_\_\_\_\_

One adjustment for tomorrow:

\_\_\_\_\_

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_



Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

One priority:

How I'll show up today:

**Fri, Jun 26, 2026**

Evening

**Mood** \_\_\_\_\_/10

Energy \_\_\_\_\_/10

**3 good things that happened:**

### Why they happened / what I did right:

### One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

One priority:

How I'll show up today:

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_



Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

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One adjustment for tomorrow:

\_\_\_\_\_

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_



**Fri, Jul 3, 2026**

Evening

**Mood** \_\_\_\_\_/10

Energy \_\_\_\_\_/10

**3 good things that happened:**

### Why they happened / what I did right:

### One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

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One priority:

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How I'll show up today:

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Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

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One adjustment for tomorrow:

\_\_\_\_\_

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_



Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

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One adjustment for tomorrow:

\_\_\_\_\_

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

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One adjustment for tomorrow:

\_\_\_\_\_

Sat, Jul 11, 2026

Morning

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10

~~~~~

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Jul 11, 2026

Evening

Mood _____/10

Energy _____/10

~~~~~

3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

One priority:

How I'll show up today:

**Tue, Jul 14, 2026**

Evening

**Mood** \_\_\_\_\_/10

Energy \_\_\_\_\_/10

**3 good things that happened:**

**Why they happened / what I did right:**

### One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_



Wed, Jul 15, 2026

Evening

**Mood** \_\_\_\_\_/10

Energy \_\_\_\_\_/10

**3 good things that happened:**

**Why they happened / what I did right:**

### One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Thu, Jul 16, 2026

Evening

**Mood** \_\_\_\_\_/10

Energy \_\_\_\_\_/10

**3 good things that happened:**

**Why they happened / what I did right:**

### One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Jul 18, 2026

Morning

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10

~~~~~

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Jul 18, 2026

Evening

Mood _____/10

Energy _____/10

~~~~~

3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_



Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Wed, Jul 22, 2026

Evening

**Mood** \_\_\_\_\_/10

Energy \_\_\_\_\_/10

**3 good things that happened:**

**Why they happened / what I did right:**

### One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_



Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

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One adjustment for tomorrow:

\_\_\_\_\_

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Jul 27, 2026

Morning

**Sleep** \_\_\_\_\_/10

Energy \_\_\_\_\_/10

**Mood** \_\_\_\_\_/10

**Grateful for:**

**Today will be a win if:**

## One priority:

**How I'll show up today:**



Mon, Jul 27, 2026

Evening

**Mood** \_\_\_\_\_/10

Energy \_\_\_\_\_/10

**3 good things that happened:**

### Why they happened / what I did right:

### One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Wed, Jul 29, 2026

Evening

**Mood** \_\_\_\_\_/10

Energy \_\_\_\_\_/10

**3 good things that happened:**

**Why they happened / what I did right:**

### One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_



**Fri, Jul 31, 2026**

Evening

**Mood** \_\_\_\_\_/10

Energy \_\_\_\_\_/10

**3 good things that happened:**

**Why they happened / what I did right:**

### One adjustment for tomorrow:

Sat, Aug 1, 2026

Morning

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10

~~~~~

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Aug 1, 2026

Evening

Mood _____/10

Energy _____/10

~~~~~

3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

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\_\_\_\_\_

One adjustment for tomorrow:

\_\_\_\_\_

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

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One adjustment for tomorrow:

\_\_\_\_\_

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_



Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

One priority:

How I'll show up today:

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

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One adjustment for tomorrow:

\_\_\_\_\_

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Today will be a win if:

One priority:

How I'll show up today:

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

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\_\_\_\_\_

One adjustment for tomorrow:

\_\_\_\_\_

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_



Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

One priority:

How I'll show up today:

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_



Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Aug 15, 2026

Morning

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10

~~~~~

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Aug 15, 2026

Evening

Mood _____/10

Energy _____/10

~~~~~

3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_



Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

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\_\_\_\_\_

\_\_\_\_\_

One adjustment for tomorrow:

\_\_\_\_\_

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

**Tue, Aug 18, 2026**

Evening

**Mood** \_\_\_\_\_/10

Energy \_\_\_\_\_/10

**3 good things that happened:**

**Why they happened / what I did right:**

### One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_



Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_



Mon, Aug 24, 2026

Evening

**Mood** \_\_\_\_\_/10

Energy \_\_\_\_\_/10

**3 good things that happened:**

### Why they happened / what I did right:

### One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

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One adjustment for tomorrow:

\_\_\_\_\_

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_



Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10                      Energy \_\_\_\_\_/10                      Mood \_\_\_\_\_/10



Grateful for:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

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One priority:

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How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

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One adjustment for tomorrow:

\_\_\_\_\_

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_



Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

One priority:

How I'll show up today:

**Fri, Sep 4, 2026**

Evening

**Mood** \_\_\_\_\_/10

Energy \_\_\_\_\_/10

**3 good things that happened:**

### Why they happened / what I did right:

### One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_



Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

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One adjustment for tomorrow:

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Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_



Wed, Sep 9, 2026

Evening

**Mood** \_\_\_\_\_/10

Energy \_\_\_\_\_/10

**3 good things that happened:**

**Why they happened / what I did right:**

### One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

**Fri, Sep 11, 2026**

Evening

**Mood** \_\_\_\_\_/10

**Energy** \_\_\_\_\_/10

~~~~~

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Sep 15, 2026

Evening

Mood _____/10

Energy _____/10

~~~~~

**3 good things that happened:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**Why they happened / what I did right:**

**One adjustment for tomorrow:**

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_



Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

**Fri, Sep 18, 2026**

Evening

**Mood** \_\_\_\_\_/10

**Energy** \_\_\_\_\_/10

~~~~~

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Sep 20, 2026

Morning

Sleep _____/10

Energy _____/10

Mood _____/10

Grateful for:

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

- 1 _____
- 2 _____
- 3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Sep 25, 2026

Evening

Mood _____ /10

Energy _____/10

3 good things that happened:

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10 Energy _____/10 Mood _____/10



Grateful for:

- 1 _____
- 2 _____
- 3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Oct 2, 2026

Evening

Mood _____/10

Energy _____/10

3 good things that happened:

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Oct 16, 2026

Morning

Sleep _____/10

Energy _____/10

Mood _____/10

~~~~~

**Grateful for:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**Today will be a win if:**

**One priority:**

**How I'll show up today:**

**Fri, Oct 16, 2026**

Evening

**Mood** \_\_\_\_\_/10

**Energy** \_\_\_\_\_/10

~~~~~

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Oct 17, 2026

Morning

Sleep _____/10

Energy _____/10

Mood _____/10

Grateful for:

Today will be a win if:

One priority:

How I'll show up today:

Sat, Oct 17, 2026

Evening

Mood _____/10

Energy _____/10

3 good things that happened:

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Oct 19, 2026

Evening

Mood _____/10

Energy _____/10

3 good things that happened:

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

- 1 _____
- 2 _____
- 3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Oct 28, 2026

Evening

Mood _____/10

Energy _____/10

3 good things that happened:

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Oct 30, 2026

Evening

Mood _____/10

Energy _____/10

3 good things that happened:

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10 Energy _____/10 Mood _____/10



Grateful for:

- 1 _____
- 2 _____
- 3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10 Energy _____/10 Mood _____/10



Grateful for:

- 1 _____
- 2 _____
- 3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Nov 16, 2026

Evening

Mood _____/10

Energy _____/10

3 good things that happened:

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10 Energy _____/10 Mood _____/10



Grateful for:

- 1 _____
- 2 _____
- 3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10 Energy _____/10 Mood _____/10



Grateful for:

- 1 _____
- 2 _____
- 3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Nov 29, 2026

Evening

Mood _____ /10

Energy _____/10

3 good things that happened:

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Nov 30, 2026

Evening

Mood _____/10

Energy _____/10

3 good things that happened:

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10



3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10

Energy _____/10

Mood _____/10



Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Dec 12, 2026

Evening

Mood _____/10

Energy _____/10

~~~~~

3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_



Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10                      Energy \_\_\_\_\_/10                      Mood \_\_\_\_\_/10



Grateful for:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Today will be a win if:

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\_\_\_\_\_

One priority:

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\_\_\_\_\_

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How I'll show up today:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

One priority:

How I'll show up today:

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_



Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Dec 19, 2026

Morning

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10

~~~~~

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Dec 19, 2026

Evening

Mood _____/10

Energy _____/10

~~~~~

3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

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One adjustment for tomorrow:

\_\_\_\_\_

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

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One adjustment for tomorrow:

\_\_\_\_\_

Sleep \_\_\_\_\_/10                      Energy \_\_\_\_\_/10                      Mood \_\_\_\_\_/10



Grateful for:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Today will be a win if:

One priority:

How I'll show up today:



Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

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One adjustment for tomorrow:

\_\_\_\_\_

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Thu, Dec 24, 2026

Evening

**Mood** \_\_\_\_\_/10

Energy \_\_\_\_\_/10

**3 good things that happened:**

### Why they happened / what I did right:

### One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_



**Sat, Dec 26, 2026**

Evening

**Mood** \_\_\_\_\_/10

**Energy** \_\_\_\_\_ /10

**3 good things that happened:**

**Why they happened / what I did right:**

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10                      Energy \_\_\_\_\_/10                      Mood \_\_\_\_\_/10



Grateful for:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Today will be a win if:

One priority:

How I'll show up today:

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_



Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep \_\_\_\_\_/10

Energy \_\_\_\_\_/10

Mood \_\_\_\_\_/10



Grateful for:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today will be a win if:

\_\_\_\_\_

One priority:

\_\_\_\_\_

How I'll show up today:

\_\_\_\_\_

Mood \_\_\_\_\_/10

Energy \_\_\_\_\_/10



3 good things that happened:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Why they happened / what I did right:

One adjustment for tomorrow:

# Week of Mon, Jan 5, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Jan 12, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Jan 19, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Jan 26, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Feb 2, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Feb 9, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Feb 16, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Feb 23, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Mar 2, 2026

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3 highlights:

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What worked:

---

One improvement:

---

Intention for next week:

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# Week of Mon, Mar 9, 2026

---

3 highlights:

---

What worked:

---

One improvement:

---

Intention for next week:

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# Week of Mon, Mar 16, 2026

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3 highlights:

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What worked:

---

One improvement:

---

Intention for next week:

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# Week of Mon, Mar 23, 2026

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3 highlights:

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What worked:

---

One improvement:

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Intention for next week:

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# Week of Mon, Mar 30, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Apr 6, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Apr 13, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Apr 20, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Apr 27, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, May 4, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, May 11, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, May 18, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, May 25, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Jun 1, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Jun 8, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Jun 15, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Jun 22, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Jun 29, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Jul 6, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Jul 13, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Jul 20, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Jul 27, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Aug 3, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Aug 10, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Aug 17, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Aug 24, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Aug 31, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Sep 7, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Sep 14, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Sep 21, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Sep 28, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Oct 5, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Oct 12, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Oct 19, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Oct 26, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Nov 2, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Nov 9, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Nov 16, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Nov 23, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Nov 30, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Dec 7, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Dec 14, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Dec 21, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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# Week of Mon, Dec 28, 2026

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3 highlights:

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What worked:

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One improvement:

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Intention for next week:

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