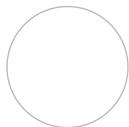


# GRATEFUL JOURNAL



DAILY PRACTICE  
2026

*One who knows enough is rich.*

— Lao Tzu

**Thu, Jan 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:**

**Thu, Jan 1, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Jan 2, 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, Jan 2, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Jan 3, 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, Jan 3, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Jan 4, 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 4, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Jan 5, 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:**

**Mon, Jan 5, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Jan 6, 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, Jan 6, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Wed, Jan 7, 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:**

**Wed, Jan 7, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Thu, Jan 8, 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:**

**Thu, Jan 8, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Jan 9, 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, Jan 9, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Jan 10, 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, Jan 10, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Mon, Jan 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:**

**Mon, Jan 12, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Jan 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:**

**Tue, Jan 13, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, Jan 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:**

**Wed, Jan 14, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Jan 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:**

**Thu, Jan 15, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Jan 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, Jan 16, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Jan 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:**

**Sat, Jan 17, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Jan 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:**

**Sun, Jan 18, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Jan 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:**

**Mon, Jan 19, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Jan 20, 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, Jan 20, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, Jan 21, 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:**

**Wed, Jan 21, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Jan 22, 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:**

**Thu, Jan 22, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Jan 23, 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, Jan 23, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Jan 24, 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, Jan 24, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Jan 25, 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 25, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Jan 26, 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:**

**Mon, Jan 26, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Jan 27, 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, Jan 27, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Wed, Jan 28, 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:**

**Wed, Jan 28, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Jan 29, 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:**

**Thu, Jan 29, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Jan 30, 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, Jan 30, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Jan 31, 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, Jan 31, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Feb 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:**

**Sun, Feb 1, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Feb 2, 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:**

**Mon, Feb 2, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Feb 3, 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 3, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, Feb 4, 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:**

**Wed, Feb 4, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Feb 5, 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:**

**Thu, Feb 5, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Feb 6, 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 6, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Feb 7, 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, Feb 7, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Feb 8, 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, Feb 8, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Feb 9, 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:**

**Mon, Feb 9, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Feb 10, 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 10, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Wed, Feb 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:**

**Wed, Feb 11, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Feb 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:**

**Thu, Feb 12, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Feb 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:**

**Sat, Feb 14, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Feb 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:**

**Sun, Feb 15, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Feb 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:**

**Mon, Feb 16, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Wed, Feb 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:**

**Wed, Feb 18, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Feb 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:**

**Thu, Feb 19, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Feb 20, 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 20, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Feb 21, 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, Feb 21, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Sun, Feb 22, 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, Feb 22, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Feb 23, 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:**

**Mon, Feb 23, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Feb 24, 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 24, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, Feb 25, 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:**

**Wed, Feb 25, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Feb 26, 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:**

**Thu, Feb 26, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Feb 27, 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 27, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Feb 28, 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, Feb 28, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Mar 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:**

**Sun, Mar 1, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Mar 2, 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:**

**Mon, Mar 2, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Mar 3, 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, Mar 3, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, Mar 4, 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:**

**Wed, Mar 4, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Mar 5, 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:**

**Thu, Mar 5, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Mar 6, 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, Mar 6, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Mar 7, 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, Mar 7, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Mar 8, 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, Mar 8, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Mar 9, 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:**

**Mon, Mar 9, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Mar 10, 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, Mar 10, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, Mar 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:**

**Wed, Mar 11, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Mar 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:**

**Thu, Mar 12, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Mar 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, Mar 13, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Sat, Mar 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:**

**Sat, Mar 14, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Mar 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:**

**Sun, Mar 15, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Mar 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:**

**Mon, Mar 16, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Mar 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, Mar 17, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, Mar 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:**

**Wed, Mar 18, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Mar 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:**

**Thu, Mar 19, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Mar 20, 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, Mar 20, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Mar 21, 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, Mar 21, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Sun, Mar 22, 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, Mar 22, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Mar 23, 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:**

**Mon, Mar 23, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Mar 24, 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, Mar 24, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Wed, Mar 25, 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:**

**Wed, Mar 25, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Mar 26, 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:**

**Thu, Mar 26, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Mar 27, 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, Mar 27, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Sat, Mar 28, 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, Mar 28, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Mar 29, 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, Mar 29, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Mar 30, 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:**

**Mon, Mar 30, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Mar 31, 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, Mar 31, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Wed, Apr 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:**

**Wed, Apr 1, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Apr 2, 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:**

**Thu, Apr 2, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Apr 3, 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 3, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Apr 4, 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, Apr 4, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Apr 5, 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 5, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Mon, Apr 6, 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:**

**Mon, Apr 6, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Apr 7, 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, Apr 7, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, Apr 8, 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:**

**Wed, Apr 8, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Apr 9, 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:**

**Thu, Apr 9, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Apr 10, 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 10, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Apr 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, Apr 11, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Sun, Apr 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:**

**Sun, Apr 12, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Mon, Apr 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:**

**Mon, Apr 13, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Apr 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:**

**Tue, Apr 14, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Wed, Apr 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:**

**Wed, Apr 15, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Apr 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:**

**Thu, Apr 16, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Apr 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, Apr 18, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Apr 20, 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:**

**Mon, Apr 20, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Apr 21, 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, Apr 21, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, Apr 22, 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:**

**Wed, Apr 22, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Apr 23, 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:**

**Thu, Apr 23, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Apr 24, 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 24, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Apr 25, 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, Apr 25, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Apr 26, 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 26, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Apr 27, 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:**

**Mon, Apr 27, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Apr 28, 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, Apr 28, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Wed, Apr 29, 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:**

**Wed, Apr 29, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Apr 30, 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:**

**Thu, Apr 30, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, May 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:**

**Fri, May 1, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, May 2, 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, May 2, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, May 3, 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, May 3, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, May 4, 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:**

**Mon, May 4, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, May 5, 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, May 5, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, May 6, 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:**

**Wed, May 6, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, May 7, 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:**

**Thu, May 7, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, May 8, 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, May 8, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, May 9, 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, May 9, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, May 10, 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, May 10, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, May 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:**

**Mon, May 11, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, May 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:**

**Tue, May 12, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, May 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:**

**Wed, May 13, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, May 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:**

**Thu, May 14, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, May 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:**

**Fri, May 15, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, May 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:**

**Sat, May 16, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, May 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:**

**Sun, May 17, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, May 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:**

**Mon, May 18, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, May 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:**

**Tue, May 19, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, May 20, 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:**

**Wed, May 20, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, May 21, 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:**

**Thu, May 21, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, May 22, 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, May 22, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Sat, May 23, 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, May 23, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, May 24, 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, May 24, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Mon, May 25, 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:**

**Mon, May 25, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, May 26, 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, May 26, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, May 27, 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:**

**Wed, May 27, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Thu, May 28, 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:**

**Thu, May 28, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, May 29, 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, May 29, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, May 30, 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, May 30, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, May 31, 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, May 31, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Mon, Jun 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:**

**Mon, Jun 1, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Jun 2, 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 2, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Wed, Jun 3, 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:**

**Wed, Jun 3, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Thu, Jun 4, 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:**

**Thu, Jun 4, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Jun 5, 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 5, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Jun 6, 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, Jun 6, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Sun, Jun 7, 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 7, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Jun 8, 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:**

**Mon, Jun 8, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Jun 9, 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 9, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, Jun 10, 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:**

**Wed, Jun 10, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Jun 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:**

**Thu, Jun 11, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Jun 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:**

**Sat, Jun 13, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Jun 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:**

**Mon, Jun 15, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, Jun 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:**

**Wed, Jun 17, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Jun 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:**

**Thu, Jun 18, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Sat, Jun 20, 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, Jun 20, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Jun 21, 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 21, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Mon, Jun 22, 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:**

**Mon, Jun 22, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Jun 23, 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 23, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Wed, Jun 24, 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:**

**Wed, Jun 24, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Jun 25, 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:**

**Thu, Jun 25, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Jun 26, 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 26, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Jun 27, 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, Jun 27, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Jun 28, 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 28, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Mon, Jun 29, 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:**

**Mon, Jun 29, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Jun 30, 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 30, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Wed, Jul 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:**

**Wed, Jul 1, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Jul 2, 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:**

**Thu, Jul 2, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Jul 3, 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, Jul 3, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Sat, Jul 4, 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 4, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Jul 5, 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, Jul 5, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Jul 6, 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:**

**Mon, Jul 6, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Tue, Jul 7, 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, Jul 7, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, Jul 8, 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:**

**Wed, Jul 8, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Jul 9, 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:**

**Thu, Jul 9, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Jul 10, 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, Jul 10, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Jul 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:**

**Sun, Jul 12, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Jul 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:**

**Mon, Jul 13, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Jul 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:**

**Tue, Jul 14, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, Jul 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:**

**Wed, Jul 15, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Jul 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:**

**Thu, Jul 16, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Jul 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, Jul 17, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Jul 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, Jul 19, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Jul 20, 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:**

**Mon, Jul 20, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Tue, Jul 21, 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, Jul 21, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, Jul 22, 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:**

**Wed, Jul 22, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Jul 23, 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:**

**Thu, Jul 23, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Jul 24, 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, Jul 24, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Jul 25, 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 25, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Jul 26, 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, Jul 26, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Jul 27, 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:**

**Mon, Jul 27, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Jul 28, 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, Jul 28, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, Jul 29, 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:**

**Wed, Jul 29, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Jul 30, 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:**

**Thu, Jul 30, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Jul 31, 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, Jul 31, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Aug 2, 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, Aug 2, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Mon, Aug 3, 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:**

**Mon, Aug 3, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Aug 4, 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, Aug 4, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, Aug 5, 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:**

**Wed, Aug 5, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Thu, Aug 6, 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:**

**Thu, Aug 6, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Aug 7, 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, Aug 7, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Aug 8, 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 8, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Aug 9, 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, Aug 9, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Aug 10, 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:**

**Mon, Aug 10, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Aug 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:**

**Tue, Aug 11, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Wed, Aug 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:**

**Wed, Aug 12, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Thu, Aug 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:**

**Thu, Aug 13, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Aug 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:**

**Fri, Aug 14, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Aug 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:**

**Sun, Aug 16, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Mon, Aug 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:**

**Mon, Aug 17, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Aug 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:**

**Tue, Aug 18, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Wed, Aug 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:**

**Wed, Aug 19, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Thu, Aug 20, 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:**

**Thu, Aug 20, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Aug 21, 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, Aug 21, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Aug 22, 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 22, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Aug 23, 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, Aug 23, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Aug 24, 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:**

**Mon, Aug 24, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Aug 25, 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, Aug 25, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, Aug 26, 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:**

**Wed, Aug 26, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Thu, Aug 27, 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:**

**Thu, Aug 27, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Aug 28, 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, Aug 28, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Aug 29, 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 29, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Aug 30, 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, Aug 30, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Aug 31, 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:**

**Mon, Aug 31, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Sep 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:**

**Tue, Sep 1, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, Sep 2, 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:**

**Wed, Sep 2, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Sep 3, 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:**

**Thu, Sep 3, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Sep 4, 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, Sep 4, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Sep 5, 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, Sep 5, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Sep 6, 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, Sep 6, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Sep 7, 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:**

**Mon, Sep 7, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Sep 8, 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, Sep 8, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, Sep 9, 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:**

**Wed, Sep 9, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Sep 10, 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:**

**Thu, Sep 10, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Sep 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:**

**Fri, Sep 11, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Sep 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:**

**Sat, Sep 12, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Sep 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:**

**Sun, Sep 13, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Sep 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:**

**Mon, Sep 14, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Sep 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:**

**Tue, Sep 15, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, Sep 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:**

**Wed, Sep 16, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Sep 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:**

**Thu, Sep 17, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Sep 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:**

**Fri, Sep 18, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Sep 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, Sep 19, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Sep 20, 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, Sep 20, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Mon, Sep 21, 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:**

**Mon, Sep 21, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Sep 22, 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, Sep 22, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

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2 \_\_\_\_\_

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3 \_\_\_\_\_

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**What I will do to improve:**

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**Wed, Sep 23, 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:**

**Wed, Sep 23, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Sep 24, 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:**

**Thu, Sep 24, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Sep 25, 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, Sep 25, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Sep 26, 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, Sep 26, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Sep 27, 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, Sep 27, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Sep 28, 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:**

**Mon, Sep 28, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Sep 29, 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, Sep 29, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, Sep 30, 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:**

**Wed, Sep 30, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Oct 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:**

**Thu, Oct 1, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Oct 2, 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 2, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Oct 3, 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, Oct 3, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Oct 4, 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, Oct 4, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Oct 5, 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:**

**Mon, Oct 5, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Oct 6, 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, Oct 6, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, Oct 7, 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:**

**Wed, Oct 7, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Oct 8, 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:**

**Thu, Oct 8, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Oct 9, 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 9, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Sat, Oct 10, 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, Oct 10, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Oct 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, Oct 11, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Oct 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:**

**Mon, Oct 12, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Oct 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:**

**Tue, Oct 13, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, Oct 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:**

**Wed, Oct 14, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Oct 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:**

**Thu, Oct 15, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Oct 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:**

**Sat, Oct 17, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Sun, Oct 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:**

**Sun, Oct 18, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Oct 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:**

**Mon, Oct 19, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Oct 20, 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, Oct 20, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Wed, Oct 21, 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:**

**Wed, Oct 21, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Oct 22, 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:**

**Thu, Oct 22, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Oct 23, 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 23, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Oct 24, 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, Oct 24, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Oct 25, 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, Oct 25, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Oct 26, 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:**

**Mon, Oct 26, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Oct 27, 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, Oct 27, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, Oct 28, 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:**

**Wed, Oct 28, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Oct 29, 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:**

**Thu, Oct 29, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Oct 30, 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 30, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Oct 31, 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, Oct 31, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Nov 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:**

**Sun, Nov 1, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Nov 2, 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:**

**Mon, Nov 2, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Nov 3, 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, Nov 3, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, Nov 4, 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:**

**Wed, Nov 4, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Nov 5, 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:**

**Thu, Nov 5, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Nov 6, 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, Nov 6, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Nov 7, 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, Nov 7, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Nov 8, 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, Nov 8, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Nov 9, 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:**

**Mon, Nov 9, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Nov 10, 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, Nov 10, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, Nov 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:**

**Wed, Nov 11, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Nov 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:**

**Thu, Nov 12, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Nov 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, Nov 13, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Nov 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:**

**Sat, Nov 14, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Nov 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:**

**Sun, Nov 15, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Nov 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:**

**Mon, Nov 16, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Nov 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, Nov 17, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, Nov 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:**

**Wed, Nov 18, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Nov 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:**

**Thu, Nov 19, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Nov 20, 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, Nov 20, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Nov 21, 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, Nov 21, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Nov 22, 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, Nov 22, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Nov 23, 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:**

**Mon, Nov 23, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Nov 24, 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, Nov 24, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Wed, Nov 25, 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:**

**Wed, Nov 25, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Nov 26, 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:**

**Thu, Nov 26, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Nov 27, 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, Nov 27, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Sat, Nov 28, 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, Nov 28, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Nov 29, 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, Nov 29, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Nov 30, 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:**

**Mon, Nov 30, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Tue, Dec 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:**

**Tue, Dec 1, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, Dec 2, 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:**

**Wed, Dec 2, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Dec 3, 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:**

**Thu, Dec 3, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Dec 4, 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, Dec 4, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Dec 5, 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 5, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Dec 6, 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, Dec 6, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Dec 7, 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:**

**Mon, Dec 7, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Dec 8, 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, Dec 8, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, Dec 9, 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:**

**Wed, Dec 9, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Dec 10, 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:**

**Thu, Dec 10, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Dec 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:**

**Fri, Dec 11, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Dec 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:**

**Sat, Dec 12, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Dec 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:**

**Sun, Dec 13, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Dec 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:**

**Mon, Dec 14, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Tue, Dec 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:**

**Tue, Dec 15, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, Dec 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:**

**Wed, Dec 16, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Dec 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:**

**Thu, Dec 17, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Dec 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:**

**Fri, Dec 18, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Dec 20, 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, Dec 20, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Dec 21, 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:**

**Mon, Dec 21, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Dec 22, 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, Dec 22, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, Dec 23, 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:**

**Wed, Dec 23, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Dec 24, 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:**

**Thu, Dec 24, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Fri, Dec 25, 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, Dec 25, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sat, Dec 26, 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 26, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Sun, Dec 27, 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, Dec 27, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Mon, Dec 28, 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:**

**Mon, Dec 28, 2026**

Evening

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

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



**What went well:**

**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

**Tue, Dec 29, 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, Dec 29, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Wed, Dec 30, 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:**

**Wed, Dec 30, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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**Thu, Dec 31, 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:**

**Thu, Dec 31, 2026**

Evening

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

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



**What went well:**

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**3 things that could have been improved:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**What I will do to improve:**

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# 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:

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One improvement:

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Intention for next week:

---

# Week of Mon, Mar 9, 2026

---

3 highlights:

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What worked:

---



One improvement:

---



Intention for next week:

---

# Week of Mon, Mar 16, 2026

---

3 highlights:

---



What worked:

---



One improvement:

---



Intention for next week:

---

# Week of Mon, Mar 23, 2026

---

3 highlights:

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What worked:

---



One improvement:

---



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:

---

# 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:

---

# Week of Mon, Oct 26, 2026

---

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:

---

# Week of Mon, Nov 16, 2026

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3 highlights:

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What worked:

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One improvement:

---



Intention for next week:

---

# Week of Mon, Nov 23, 2026

---

3 highlights:

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What worked:

---



One improvement:

---



Intention for next week:

---

# Week of Mon, Nov 30, 2026

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3 highlights:

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What worked:

---



One improvement:

---



Intention for next week:

---

# 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

---

3 highlights:

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What worked:

---



One improvement:

---



Intention for next week:

---

# Week of Mon, Dec 21, 2026

---

3 highlights:

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What worked:

---



One improvement:

---



Intention for next week:

---

# 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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