

DATE:

Woke up feeling & why:

LORD, THANK YOU FOR:

1.
2.
3.

POWER VERSE:

.....

WEEKLY NON-NEGOTIABLE:

..... ○

LIFESTYLE GOAL(S):

- | | |
|--|--|
| <input type="checkbox"/> Get Quality Sleep
..... ○ | <input type="checkbox"/> Seek, Create & Choose Joy
..... ○ |
| <input type="checkbox"/> Stay Physically Active
..... ○ | <input type="checkbox"/> Give / Serve / Volunteer
..... ○ |
| <input type="checkbox"/> Eat a Balanced Diet
..... ○ | <input type="checkbox"/> Spend Quality Time w/ Family
..... ○ |
| <input type="checkbox"/> Cut Out / Down
..... ○ | <input type="checkbox"/> Respect Your Home
..... ○ |
| <input type="checkbox"/> Read / Study / Learn
..... ○ | <input type="checkbox"/> Practice Daily Spiritual Renewal
..... ○ |
| <input type="checkbox"/>
..... ○ | <input type="checkbox"/>
..... ○ |

LONG-TERM S.M.A.R.T. GOAL:

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Today's Intention:

..... ○

TODAY'S MEETINGS & TASKS

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 :
 :
 :
 :
 :

RANDOM NOTES & DON'T FORGETS

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-
-

EVENING REFLECTION

Best thing that happened today:

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How I responded:

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Worst thing that happened today:

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How I responded:

.....

Most grateful for:

.....

Most proud of:

.....

Where did I see/feel/hear God today?

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Did I love my neighbor today?

.....

Tomorrow's priority is:

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