

Morning Positivity

DATE

M T W T F S S

SLEEP

LAST NIGHTS BED TIME		WAKE UP TIME	
TOTAL HOURS SLEEP		QUALITY OF SLEEP	

THIS MORNING I FEEL

NOT GREAT

AVERAGE

FANTASTIC

TODAY I LOOK FORWARD TO

TODAYS FOCUS IS

TODAY I WILL REMIND MYSELF

THINGS THAT WILL MAKE ME SMILE

TODAYS GOALS ARE

TODAYS QUOTE

