



**SELF
CARE**

AWAKE

THOUGHTS

TO DO'S

GRATITUDES

3 PRIORITIES FOR TODAY

IN CONTROL

**OUT OF
CONTROL**

MORNING CHECKLIST

Date:

Top 3 ways I want to feel today:

What can I do to take care of myself?

Check Yellow for Yes or Blue for No

Avoid Technology

Affirmation & Set Intention

Meditate

Read Something Inspirational

Make Your Bed

Move Your Body eg Yoga

Journal

