

Date: _____

Mission/Purpose:

What matters most today?

What am I thankful for today?

Morning Habits:

End-of-day Habits:

Exercise		Reflections
Bible Plan		Lessons
Meditation		Walking
Gratitudes		Mobility
Mission/Purpose		Flossing
Code of Ethics/Values		Reading
Priorities		Mission/Purpose
Schedule		

What successes did I experience today?

What challenges?

What did I learn today? How will I grow?

Who do I need to follow up with?

Other Notes/Thoughts:

