



MORNING INTENTION

Begin the day with intention.



FOCUS

What matters most today.



IDENTITY

How do I choose to show up and carry myself today?



GRATITUDE

What am I thankful for right now?

Reflect mentally or write down your thoughts if you find it helpful.

THE BOOKEND EFFECT



The first few minutes after waking and the last few minutes before sleep matter more than most people realize.

Use them intentionally.

Motivation is only the invitation. Repetition creates change.



EVENING REFLECTION

End the day with reflection.



AWARENESS & PROGRESS

What did I become more aware of today, or where did I make progress?



THE LESSON

What did today teach me?



LEARN & RELEASE

What can I learn from today, and what can I let go of tonight?

Reflect mentally or write down your thoughts if you find it helpful.

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