



MY DAY AT A GLANCE

Date: _____ **Week:** 1__ 2__ 3__ 4__ **Day:** 1__ 2__ 3__ 4__ 5__ 6__ 7__


 *My daily mantra:

 *What I am grateful for today?


1.

2.


3.

 *What do I love about myself today?

1.

 *What do I need to work on today?

1.

 ***Daily Practices:** What are my Superpowers/Self-love goals? (Circle one or create your own)
Spiritual goal (e.g., *Meditation - Visualization - Centering - Prayer - Breathing Exercises*):

Mental goal (e.g., Read/Watch uplifting material – Limit social media - Create a vision board):

Physical goal (e.g., Physical Activity, walk, yoga, stretch - Adjust diet - Drink 8 glasses of water):

Actions goal (e.g., Smiling at people - not getting upset in traffic - think before speaking):

Words goal: (e.g., Be aware of self-talk – Be aware of wording in conversations - limit cursing)

Thought goal: (e.g., Conscious thinking – replace negative with positive thoughts – gratitude)


 ***Nightly check in:**

What triggered me today? _____

How can I change the trigger? _____

What did I succeed in? _____

What goal did I miss today that I can begin tomorrow? _____

 New/Continued goals for tomorrow:

 Notes: