

# Morning Journal

**DATE:**

**M**  **T**  **W**  **T**  **F**  **S**  **S**

**How am I feeling mentally?**

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**How am I feeling physically?**

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**What can I do today to experience joy?**

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**What steps can I take today to make today a good day?**

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**What emotions am I feeling this morning? How can I release them in a healthy way?**

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**4 things I am grateful for:**

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**4 goals for today:**

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**Balance.**