



Morning Pages

DATE: / /

**THINGS I'M GRATEFUL
FOR:**

1. _____
2. _____
3. _____

MUST DO TODAY:

1. _____
2. _____
3. _____

**TODAY'S POSITIVE
QUOTE:**

TODAY'S SELF-CARE:

1. _____
2. _____
3. _____

**TAKEAWAYS FROM
YESTERDAY:**

1. _____
2. _____
3. _____

WHAT'S ON MY MIND:
