

Morning Journal



Immerse yourself in the practice of a focused morning journal — a powerful tool that can positively shape your life.

This simple but powerful ritual nurtures your mind, body, and soul. Take a moment to reflect, release, and reset, gaining clarity and balance. Prioritise yourself and embrace the transformation.

Date:

Today's Affirmation

Example - "I am worthy of love, and I embrace myself with kindness and compassion."

Goal of the day

Example - "I will complete my 3 tasks for the day and do my workout."

(To Do) Priority of the day:

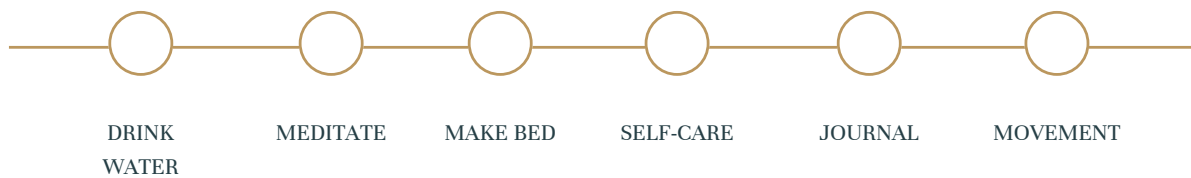
- Priority 1 -
- Priority 2 -
- Priority 3 -

(Thoughts)

Set intentions for gaining clarity, connection and inner peace today - feel the positive impact throughout the day.

(Morning Rituals Checklist)

Roadmap to an energised and purposeful start.



STARTING THE DAY FEELING



OVERWHELMED



READY TO GO



STUCK



ANXIOUS



TIRED

YOU CAN CHANGE HOW YOU FEEL AT ANYTIME.

YOU CHOOSE THE THOUGHTS YOU ARE HAVING.

YOU CHOOSE WHERE YOU PUT YOUR ENERGY.

YOU ARE IN CONTROL.

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