

Date: _____

Mission/Purpose:

What matters most today?

What am I thankful for today?

Morning Habits:

End-of-day Habits:

	Exercise		Reflections
	Bible Plan		Lessons
	Meditation		Walking
	Gratitudes		Mobility
	Mission/Purpose		Flossing
	Code of Ethics/Values		Reading
	Priorities		Mission/Purpose
	Schedule		

What successes did I experience today?

What challenges?

What did I learn today? How will I grow?

Who do I need to follow up with?

Other Notes/Thoughts:
