

DAILY REFLECTIONS

WEEKLY GOAL

**MONDAY TUESDAY WEDNESDAY THURSDAY
FRIDAY SATURDAY SUNDAY**

Please take a few moment to write about your day, you can use the prompts or choose your own topic.

How was your day?

Where was your energy focused? Positive or negative energy?

Were you present in the moment or distracted during the day?

List 3 things you are happy about or grateful for.

Notes:



Nuleeu

— *Nutrition and Wellness* .LLC —

Daily Reflections

Thoughts

Dreams/ Wishes

Stress/Concerns