

# Morning & Evening Gratitude

Bookend your day with a moment of intention in the morning and reflection at night.

Date \_\_\_\_\_

## MORNING

*Set the tone before the day gets busy.*

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Today I want to feel: \_\_\_\_\_

## EVENING

*Close the day with reflection.*

Today's best moment was...

Something (or someone) that made today better

One thing I'm proud of today

Tomorrow, I want to...