

# Morning Routine Journal

## REFLECTION ON YESTERDAY

Yesterday I was grateful for

1 .....

2 .....

3 .....

3 wins from yesterday

1 .....

2 .....

3 .....

Wisdom from yesterday

## LOOKING AT TODAY

How many hours did I sleep?

1 2 3 4 5 6 7 8 8+

How was my sleep and any reason?

.....

.....

.....

How self-regulated do I feel?

1 2 3 4 5 6 7 8 9 10

Describe regulation and any reason

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Today I am feeling ...

.....

.....

.....



Needs to satisfy (to process feelings)

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.....

Today I will practice self-love with these healthy habits

Eat	Self Care / Relax
Move	Sleep Hygiene

My actions for today

1 .....

2 .....

3 .....

Compassionate note to myself