



Morning Routine Journal

Reflection on yesterday

Yesterday I was grateful for...

- 1
- 2
- 3

Feelings leftover from yesterday...

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-
-

Today I'm feeling...

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-
-

What I achieved yesterday...

Building Healthy Habits: Today I will...based on Dr Chatterjee's 4 Pillar Plan

Eat	Relax
Move	Sleep

Looking at today

How many hours did I sleep?

- 1 2 3 4 5 6 7 8 8+

How regulated do I feel?

- 1 2 3 4 5 6 7 8 9 10

How was my sleep?

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-
-

Describe regulation

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-
-

Today I'm thinking...

-
-
-
-

Actions for today...

- 1
- 2
- 3

Compassionate note to self