

Morning Wins Reflection Journal

Notice your progress, name your wins,
and build lasting confidence, one day at a time.

1. What did I do for my 5-minute habit today?

What regularly gets in the way of your 5-minute habit?

2. How did I feel afterward?

- | | |
|------------------------------------|------------------------------------------------------------|
| <input type="checkbox"/> Energized | <input type="checkbox"/> Clear |
| <input type="checkbox"/> Grounded | <input type="checkbox"/> Still tired but proud I showed up |

☐ Other: _____

3. Did it influence the rest of my day? If so, how?

4. What's one small win from today?

- | | |
|------------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> I showed up | <input type="checkbox"/> I completed my ritual |
| <input type="checkbox"/> I stayed off my phone | <input type="checkbox"/> I made space for myself |
| <input type="checkbox"/> I reset after a rough start | <input type="checkbox"/> Other: _____ |

5. What's one thing I could improve tomorrow?

6. My Favorite Moment This Morning:

7. Final Thought of the Day:
