Grateful Journal
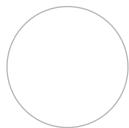
Daily Practice

2026

One who knows enough is rich.

— Lao Tzu

Thu, Jan 1, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Jan 1, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Jan 2, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Jan 2, 2026

Mood _____/10   **Energy** _____/10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Jan 3, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Jan 3, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Jan 4, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Jan 4, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Jan 5, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Jan 5, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Jan 6, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Jan 6, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Jan 7, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Jan 7, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Jan 8, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Jan 8, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Jan 9, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Jan 9, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Jan 10, 2026

Sleep ———— /10   **Energy** ———— /10   **Mood** ———— /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Jan 10, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Jan 11, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Jan 11, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Jan 12, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Jan 12, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Jan 13, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Jan 13, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Jan 14, 2026

Sleep ⎯⎯⎯⎯ /10   **Energy** ⎯⎯⎯⎯ /10   **Mood** ⎯⎯⎯⎯ /10

Grateful for:

1 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

2 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

3 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

Today will be a win if:

One priority:

How I'll show up today:

Wed, Jan 14, 2026

Mood ⎯⎯⎯⎯ /10   **Energy** ⎯⎯⎯⎯ /10

3 good things that happened:

1 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

2 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

3 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Jan 15, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Jan 15, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Jan 16, 2026

Sleep _____/10   **Energy** _____/10   **Mood** _____/10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Jan 16, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Jan 17, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Jan 17, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Jan 18, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Jan 18, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Jan 19, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Jan 19, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Jan 20, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Jan 20, 2026

Mood ⎯⎯⎯⎯ /10   **Energy** ⎯⎯⎯⎯ /10

3 good things that happened:

1 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

2 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

3 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Jan 21, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Jan 21, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Jan 22, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Jan 22, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Jan 23, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Jan 23, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Jan 24, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Jan 24, 2026

Mood _____/10 **Energy** _____/10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Jan 25, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Jan 25, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Jan 26, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Jan 26, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Jan 27, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Jan 27, 2026

Mood _____/10

Energy _____/10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Jan 28, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Jan 28, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Jan 29, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Jan 30, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Jan 30, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1

2

3

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Jan 31, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Jan 31, 2026

Mood _____/10

Energy _____/10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Feb 1, 2026

Sleep _____/10   **Energy** _____/10   **Mood** _____/10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Feb 1, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Feb 2, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Feb 2, 2026

Mood _____/10   **Energy** _____/10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Feb 3, 2026

Sleep _____/10   **Energy** _____/10   **Mood** _____/10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Feb 3, 2026

Mood ———— /10   **Energy** ———— /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Feb 4, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Feb 4, 2026

Mood ⎯⎯⎯⎯ /10   **Energy** ⎯⎯⎯⎯ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Feb 5, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Feb 5, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Feb 6, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Feb 6, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Feb 7, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Feb 7, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Feb 8, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Feb 8, 2026

Mood _____/10

Energy _____/10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Feb 9, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Feb 9, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Feb 10, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Feb 10, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep ＿＿＿＿ /10   **Energy** ＿＿＿＿ /10   **Mood** ＿＿＿＿ /10

Grateful for:

1 ＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿

2 ＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿

3 ＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿

Today will be a win if:

One priority:

How I'll show up today:

Wed, Feb 11, 2026

Mood ———— /10   **Energy** ———— /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

_____

One priority:

_____

How I'll show up today:

_____

Thu, Feb 12, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Feb 13, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Feb 13, 2026

Mood ⎯⎯⎯⎯ /10   **Energy** ⎯⎯⎯⎯ /10

3 good things that happened:

1 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

2 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

3 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Feb 14, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Feb 14, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Feb 15, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Feb 15, 2026

Mood ⎯⎯⎯⎯ /10   **Energy** ⎯⎯⎯⎯ /10

3 good things that happened:

1 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

2 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

3 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Feb 16, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Feb 16, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Feb 17, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Feb 17, 2026

Mood ———— /10   **Energy** ———— /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Feb 18, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Feb 18, 2026

Mood ——————— /10   **Energy** ——————— /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Feb 19, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Feb 19, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Feb 20, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Feb 20, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Feb 21, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Feb 21, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Feb 22, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Feb 22, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Feb 23, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Feb 23, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Feb 24, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Feb 24, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Feb 25, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Feb 25, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Feb 26, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Feb 26, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Feb 27, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Feb 27, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Feb 28, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Feb 28, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Mar 1, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Mar 1, 2026

Mood ⎯⎯⎯⎯ /10   **Energy** ⎯⎯⎯⎯ /10

3 good things that happened:

1 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

2 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

3 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Mar 2, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Mar 2, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Mar 3, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Mar 3, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Mar 4, 2026

Sleep ———— /10   **Energy** ———— /10   **Mood** ———— /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Mar 4, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Mar 5, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Mar 5, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Mar 6, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Mar 6, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Mar 7, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

_____

One priority:

_____

How I'll show up today:

_____

Sat, Mar 7, 2026

Mood ———— /10

Energy ———— /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Mar 8, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Mar 8, 2026

Mood _____/10

Energy _____/10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Mar 9, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Mar 9, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Mar 10, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Mar 10, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Mar 11, 2026

Sleep _____/10   **Energy** _____/10   **Mood** _____/10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Mar 11, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10   **Energy** _____/10   **Mood** _____/10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

_____

One priority:

_____

How I'll show up today:

_____

Thu, Mar 12, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10   **Energy** _____/10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Mar 14, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Mar 14, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Mar 15, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Mar 15, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Mar 16, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Mar 16, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Mar 17, 2026

Sleep ⎯⎯⎯⎯ /10   **Energy** ⎯⎯⎯⎯ /10   **Mood** ⎯⎯⎯⎯ /10

Grateful for:

1 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

2 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

3 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

Today will be a win if:

One priority:

How I'll show up today:

Tue, Mar 17, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Mar 18, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Mar 18, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Mar 19, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Mar 20, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Mar 20, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Mar 21, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Mar 21, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Mar 22, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Mar 22, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Mar 23, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Mar 23, 2026

Mood ⎯⎯⎯⎯ /10   **Energy** ⎯⎯⎯⎯ /10

3 good things that happened:

1 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

2 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

3 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Mar 24, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Mar 24, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Mar 25, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Mar 25, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Mar 26, 2026

Sleep ———— /10   **Energy** ———— /10   **Mood** ———— /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Mar 26, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10   **Energy** _____/10   **Mood** _____/10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:
_____

One priority:
_____

How I'll show up today:
_____

Fri, Mar 27, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Mar 28, 2026

Sleep _____ /10　　　　**Energy** _____ /10　　　　**Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Mar 28, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Mar 29, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Mar 30, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Mar 31, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

_____

One priority:

_____

How I'll show up today:

_____

Tue, Mar 31, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Apr 1, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Apr 1, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Apr 2, 2026

Sleep _____/10   **Energy** _____/10   **Mood** _____/10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Apr 2, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Apr 3, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Apr 3, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1

2

3

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Apr 4, 2026

Sleep ———— /10   **Energy** ———— /10   **Mood** ———— /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Apr 4, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Apr 5, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Apr 5, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Apr 6, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Apr 6, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Apr 7, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Apr 7, 2026

Mood ⎯⎯⎯⎯ /10   **Energy** ⎯⎯⎯⎯ /10

3 good things that happened:

1 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

2 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

3 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Apr 8, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Apr 8, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Apr 9, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Apr 10, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Apr 10, 2026

Mood _____/10

Energy _____/10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Apr 11, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Apr 11, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Apr 12, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Apr 12, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Apr 13, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Apr 13, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Apr 14, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Apr 14, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Apr 15, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Apr 15, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Apr 16, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Apr 16, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Apr 17, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Apr 17, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Apr 18, 2026

Sleep ———— /10   **Energy** ———— /10   **Mood** ———— /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Apr 18, 2026

Mood ———— /10   **Energy** ———— /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Apr 19, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Apr 19, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Apr 20, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Apr 20, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Apr 21, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Apr 21, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Apr 22, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Apr 22, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Apr 23, 2026

Sleep _____ /10 **Energy** _____ /10 **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Apr 23, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Apr 24, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Apr 24, 2026

Mood _____ /10　　　　　　　　**Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Apr 25, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Apr 25, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Apr 26, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Apr 26, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Apr 27, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Apr 27, 2026

Mood ⎯⎯⎯⎯ /10

Energy ⎯⎯⎯⎯ /10

3 good things that happened:

1

2

3

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Apr 28, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Apr 28, 2026

Mood ⎯⎯⎯⎯ /10   **Energy** ⎯⎯⎯⎯ /10

3 good things that happened:

1 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

2 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

3 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Apr 29, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Apr 29, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10   **Energy** _____/10   **Mood** _____/10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Apr 30, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, May 1, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, May 1, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, May 2, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, May 2, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, May 3, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, May 3, 2026

Mood _____/10   **Energy** _____/10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, May 4, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, May 4, 2026

Mood _____/10

Energy _____/10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, May 5, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, May 5, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, May 6, 2026

Sleep ———— /10   **Energy** ———— /10   **Mood** ———— /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, May 6, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, May 7, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, May 7, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, May 8, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, May 8, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, May 9, 2026

Sleep ———— /10   **Energy** ———— /10   **Mood** ———— /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, May 9, 2026

Mood _____/10   **Energy** _____/10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, May 10, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, May 10, 2026

Mood _____/10   **Energy** _____/10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, May 11, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, May 11, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, May 12, 2026

Sleep ———— /10   **Energy** ———— /10   **Mood** ———— /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, May 12, 2026

Mood ⎯⎯⎯ /10   **Energy** ⎯⎯⎯ /10

3 good things that happened:

1 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

2 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

3 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, May 13, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, May 13, 2026

Mood _____/10   **Energy** _____/10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, May 14, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, May 14, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, May 15, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, May 15, 2026

Mood _____/10

Energy _____/10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, May 16, 2026

Sleep _____ /10 **Energy** _____ /10 **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

_____

One priority:

_____

How I'll show up today:

_____

Sat, May 16, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, May 17, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, May 17, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, May 18, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, May 18, 2026

Mood _____/10

Energy _____/10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, May 19, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, May 19, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, May 20, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, May 20, 2026

Mood _____/10   **Energy** _____/10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, May 21, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, May 21, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, May 22, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, May 22, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, May 23, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, May 23, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, May 24, 2026

Sleep ⎯⎯⎯⎯ /10   **Energy** ⎯⎯⎯⎯ /10   **Mood** ⎯⎯⎯⎯ /10

Grateful for:

1 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

2 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

3 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

Today will be a win if:

One priority:

How I'll show up today:

Sun, May 24, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, May 25, 2026

Sleep ——————— /10   **Energy** ——————— /10   **Mood** ——————— /10

Grateful for:

1 ——————————————————————————————————————

2 ——————————————————————————————————————

3 ——————————————————————————————————————

Today will be a win if:

One priority:

How I'll show up today:

Mon, May 25, 2026

Mood ⎯⎯⎯⎯ /10   **Energy** ⎯⎯⎯⎯ /10

3 good things that happened:

1 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

2 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

3 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, May 26, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, May 26, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, May 27, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, May 27, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, May 28, 2026

Sleep ———— /10   **Energy** ———— /10   **Mood** ———— /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, May 28, 2026

Mood ⎯⎯⎯⎯ /10　　　　　　　**Energy** ⎯⎯⎯⎯ /10

3 good things that happened:

1 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

2 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

3 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, May 29, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, May 29, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, May 30, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, May 30, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, May 31, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, May 31, 2026

Mood ⎯⎯⎯⎯ /10   **Energy** ⎯⎯⎯⎯ /10

3 good things that happened:

1 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

2 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

3 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Jun 1, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Jun 1, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Jun 2, 2026

Sleep ———— /10　　　　**Energy** ———— /10　　　　**Mood** ———— /10

Grateful for:

1

2

3

Today will be a win if:

One priority:

How I'll show up today:

Tue, Jun 2, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Jun 3, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Jun 3, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Jun 4, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Jun 5, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Jun 5, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Jun 6, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Jun 6, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Jun 7, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Jun 7, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Jun 8, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Jun 8, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Jun 9, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Jun 10, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Jun 10, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Jun 11, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Jun 11, 2026

Mood ⎯⎯⎯⎯ /10   **Energy** ⎯⎯⎯⎯ /10

3 good things that happened:

1 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

2 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

3 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Jun 12, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Jun 12, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Jun 13, 2026

Sleep ———— /10   **Energy** ———— /10   **Mood** ———— /10

Grateful for:

1

2

3

Today will be a win if:

One priority:

How I'll show up today:

Sat, Jun 13, 2026

Mood _____/10   **Energy** _____/10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Jun 14, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Jun 14, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Jun 15, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Jun 15, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Jun 16, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Jun 16, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Jun 17, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Jun 17, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Jun 18, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Jun 18, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Jun 19, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Jun 19, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Jun 20, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Jun 20, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Jun 21, 2026

Sleep _____/10   **Energy** _____/10   **Mood** _____/10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Jun 21, 2026

Mood _____/10   **Energy** _____/10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Jun 22, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Jun 22, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10　　　　　**Energy** _____/10　　　　　**Mood** _____/10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Jun 23, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Jun 24, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Jun 24, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Jun 25, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Jun 25, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Jun 26, 2026

Sleep _____/10   **Energy** _____/10   **Mood** _____/10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Jun 26, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Jun 27, 2026

Sleep ⎯⎯⎯ /10   **Energy** ⎯⎯⎯ /10   **Mood** ⎯⎯⎯ /10

Grateful for:

1 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

2 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

3 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

Today will be a win if:

One priority:

How I'll show up today:

Sat, Jun 27, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Jun 28, 2026

Sleep ———— /10   **Energy** ———— /10   **Mood** ———— /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Jun 28, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Jun 29, 2026

Sleep _____/10   **Energy** _____/10   **Mood** _____/10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Jun 29, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Jun 30, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Jun 30, 2026

Mood ——————/10   **Energy** ——————/10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Jul 1, 2026

Sleep ———— /10   **Energy** ———— /10   **Mood** ———— /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Jul 1, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Jul 2, 2026

Sleep ———— /10   **Energy** ———— /10   **Mood** ———— /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:
_____

One priority:
_____

How I'll show up today:
_____

Thu, Jul 2, 2026

Mood ⎯⎯⎯⎯ /10   **Energy** ⎯⎯⎯⎯ /10

3 good things that happened:

1 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

2 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

3 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Jul 3, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Jul 3, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Jul 4, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Jul 4, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Jul 5, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Jul 5, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Jul 6, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Jul 6, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Jul 7, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Jul 7, 2026

Mood ———— /10   **Energy** ———— /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Jul 8, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Jul 8, 2026

Mood _____/10

Energy _____/10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Jul 9, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Jul 9, 2026

Mood ———— /10   **Energy** ———— /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Jul 10, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Jul 10, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Jul 11, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Jul 11, 2026

Mood ——————— /10   **Energy** ——————— /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Jul 12, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Jul 12, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Jul 13, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Jul 13, 2026

Mood ⎯⎯⎯⎯ /10

Energy ⎯⎯⎯⎯ /10

3 good things that happened:

1 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

2 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

3 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Jul 14, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Jul 14, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Jul 15, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

_____

One priority:

_____

How I'll show up today:

_____

Wed, Jul 15, 2026

Mood ⎯⎯⎯⎯ /10   **Energy** ⎯⎯⎯⎯ /10

3 good things that happened:

1 ⎯⎯

2 ⎯⎯

3 ⎯⎯

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Jul 16, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Jul 17, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Jul 17, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Jul 18, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Jul 18, 2026

Mood ⎯⎯⎯⎯ /10   **Energy** ⎯⎯⎯⎯ /10

3 good things that happened:

1 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

2 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

3 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep ⎯⎯⎯⎯ /10   **Energy** ⎯⎯⎯⎯ /10   **Mood** ⎯⎯⎯⎯ /10

Grateful for:

1 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

2 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

3 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

Today will be a win if:

One priority:

How I'll show up today:

Sun, Jul 19, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Jul 20, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Jul 20, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Jul 21, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Jul 21, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Jul 22, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Jul 22, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Jul 23, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Jul 23, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Jul 24, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Jul 25, 2026

Sleep ⎯⎯⎯⎯ /10   **Energy** ⎯⎯⎯⎯ /10   **Mood** ⎯⎯⎯⎯ /10

Grateful for:

1 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

2 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

3 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

Today will be a win if:

One priority:

How I'll show up today:

Sat, Jul 25, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Jul 26, 2026

Sleep ———— /10   **Energy** ———— /10   **Mood** ———— /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Jul 26, 2026

Mood _____/10

Energy _____/10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Jul 27, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Jul 27, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Jul 28, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Jul 28, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Jul 29, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Jul 29, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Jul 30, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Jul 30, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Jul 31, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Jul 31, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Aug 1, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Aug 1, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Aug 2, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Aug 2, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Aug 3, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Aug 3, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Aug 4, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Aug 4, 2026

Mood _____/10   **Energy** _____/10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Aug 5, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Aug 5, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Aug 6, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Aug 6, 2026

Mood ———— /10   **Energy** ———— /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Aug 7, 2026

Sleep _____ /10 **Energy** _____ /10 **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Aug 7, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Aug 8, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Aug 8, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Aug 9, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Aug 9, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Aug 10, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Aug 10, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Aug 11, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Aug 11, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Aug 12, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Aug 12, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Aug 13, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Aug 13, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Aug 14, 2026

Sleep ———— /10   **Energy** ———— /10   **Mood** ———— /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Aug 14, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Aug 15, 2026

Sleep ———— /10   **Energy** ———— /10   **Mood** ———— /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Aug 15, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Aug 16, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Aug 17, 2026

Sleep ———— /10   **Energy** ———— /10   **Mood** ———— /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Aug 17, 2026

Mood ———— /10

Energy ———— /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Aug 18, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Aug 18, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Aug 19, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Aug 19, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Aug 20, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Aug 20, 2026

Mood ⎯⎯⎯⎯ /10

Energy ⎯⎯⎯⎯ /10

3 good things that happened:

1 ⎯⎯

2 ⎯⎯

3 ⎯⎯

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Aug 21, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Aug 21, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Aug 22, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Aug 22, 2026

Mood ⎯⎯⎯⎯ /10   **Energy** ⎯⎯⎯⎯ /10

3 good things that happened:

1 ⎯⎯

2 ⎯⎯

3 ⎯⎯

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Aug 23, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Aug 23, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Aug 24, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

_____

One priority:

_____

How I'll show up today:

_____

Mon, Aug 24, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Aug 25, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Aug 25, 2026

Mood ⎯⎯⎯ /10   **Energy** ⎯⎯⎯ /10

3 good things that happened:

1 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

2 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

3 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Aug 26, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Aug 26, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Aug 27, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Aug 27, 2026

Mood _____/10   **Energy** _____/10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Aug 28, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1

2

3

Today will be a win if:

One priority:

How I'll show up today:

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Aug 29, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Aug 29, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Aug 30, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Aug 30, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Aug 31, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Aug 31, 2026

Mood _____/10   **Energy** _____/10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Sep 1, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Sep 1, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Sep 2, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Sep 2, 2026

Mood ⸺/10   **Energy** ⸺/10

3 good things that happened:

1 ⸻

2 ⸻

3 ⸻

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Sep 3, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Sep 3, 2026

Mood _____/10   **Energy** _____/10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Sep 4, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Sep 4, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Sep 5, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Sep 5, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Sep 6, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Sep 6, 2026

Mood ———— /10   **Energy** ———— /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Sep 7, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Sep 7, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Sep 8, 2026

Sleep _____/10   **Energy** _____/10   **Mood** _____/10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Sep 8, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Sep 9, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Sep 9, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Sep 10, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Sep 10, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Sep 11, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Sep 11, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Sep 12, 2026

Sleep _____/10   **Energy** _____/10   **Mood** _____/10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Sep 12, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Sep 13, 2026

Sleep ———— /10   **Energy** ———— /10   **Mood** ———— /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Sep 13, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Sep 14, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

_____

One priority:

_____

How I'll show up today:

_____

Mon, Sep 14, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Sep 15, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Sep 15, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Sep 16, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Sep 16, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Sep 17, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Sep 17, 2026

Mood ——————— /10   **Energy** ——————— /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Sep 18, 2026

Sleep ———— /10   **Energy** ———— /10   **Mood** ———— /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Sep 18, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Sep 19, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Sep 19, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Sep 20, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Sep 20, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Sep 21, 2026

Sleep ———— /10   **Energy** ———— /10   **Mood** ———— /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Sep 21, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Sep 22, 2026

Sleep _____/10   **Energy** _____/10   **Mood** _____/10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Sep 22, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Sep 23, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Sep 23, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Sep 24, 2026

Sleep _____/10   **Energy** _____/10   **Mood** _____/10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Sep 24, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Sep 25, 2026

Mood ⎯⎯⎯⎯ /10   **Energy** ⎯⎯⎯⎯ /10

3 good things that happened:

1 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

2 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

3 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Sep 26, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Sep 26, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Sep 27, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Sep 27, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Sep 28, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Sep 28, 2026

Mood _____/10   **Energy** _____/10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Sep 29, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Sep 29, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Sep 30, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Sep 30, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Oct 1, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Oct 1, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Oct 2, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Oct 2, 2026

Mood ⎯⎯⎯⎯ /10   **Energy** ⎯⎯⎯⎯ /10

3 good things that happened:

1 ⎯⎯⎯

2 ⎯⎯⎯

3 ⎯⎯⎯

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Oct 3, 2026

Sleep ⎯⎯⎯⎯ /10   **Energy** ⎯⎯⎯⎯ /10   **Mood** ⎯⎯⎯⎯ /10

Grateful for:

1 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

2 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

3 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

Today will be a win if:

One priority:

How I'll show up today:

Sat, Oct 3, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Oct 4, 2026

Mood _____/10   **Energy** _____/10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Oct 5, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Oct 5, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Oct 6, 2026

Sleep _____/10   **Energy** _____/10   **Mood** _____/10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Oct 6, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Oct 7, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Oct 7, 2026

Mood _____/10   **Energy** _____/10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Oct 8, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Oct 8, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Oct 9, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Oct 9, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Oct 10, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Oct 10, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Oct 11, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Oct 11, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Oct 12, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Oct 12, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Oct 13, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Oct 13, 2026 Evening

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Oct 14, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Oct 14, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Oct 15, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Oct 15, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Oct 16, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Oct 17, 2026

Sleep _____/10   **Energy** _____/10   **Mood** _____/10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Oct 17, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Oct 18, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Oct 18, 2026

Mood ⎯⎯⎯⎯ /10   **Energy** ⎯⎯⎯⎯ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Oct 19, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Oct 19, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Oct 20, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Oct 20, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Oct 21, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Oct 21, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Oct 22, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Oct 22, 2026

Mood ⎯⎯⎯⎯ /10   **Energy** ⎯⎯⎯⎯ /10

3 good things that happened:

1 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

2 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

3 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Oct 23, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Oct 23, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Oct 24, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Oct 24, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Oct 25, 2026

Sleep ———— /10   **Energy** ———— /10   **Mood** ———— /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Oct 25, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1

2

3

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Oct 26, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Oct 26, 2026

Mood ———— /10   **Energy** ———— /10

3 good things that happened:

1 ————————————————————————————————

2 ————————————————————————————————

3 ————————————————————————————————

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Oct 27, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Oct 27, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Oct 28, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Oct 28, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Oct 29, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Oct 29, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Oct 30, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Oct 31, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Oct 31, 2026

Mood ———— /10   **Energy** ———— /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Nov 1, 2026

Sleep _____/10   **Energy** _____/10   **Mood** _____/10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Nov 1, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Nov 2, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Nov 2, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Nov 3, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Nov 3, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Nov 4, 2026

Sleep ———— /10   **Energy** ———— /10   **Mood** ———— /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Nov 4, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Nov 5, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Nov 5, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Nov 6, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Nov 6, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Nov 7, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Nov 7, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Nov 8, 2026

Sleep _____/10   **Energy** _____/10   **Mood** _____/10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Nov 8, 2026

Mood _____/10   **Energy** _____/10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Nov 9, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Nov 9, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Nov 10, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Nov 10, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Nov 11, 2026

Sleep _____/10   **Energy** _____/10   **Mood** _____/10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Nov 11, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Nov 12, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Nov 12, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Nov 13, 2026

Sleep ———— /10   **Energy** ———— /10   **Mood** ———— /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Nov 13, 2026

Mood ⎯⎯⎯⎯ /10   **Energy** ⎯⎯⎯⎯ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Nov 14, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Nov 15, 2026

Mood ⎯⎯⎯⎯ /10   **Energy** ⎯⎯⎯⎯ /10

3 good things that happened:

1 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

2 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

3 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Nov 16, 2026

Sleep ———— /10   **Energy** ———— /10   **Mood** ———— /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Nov 16, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Nov 17, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1

2

3

Today will be a win if:

One priority:

How I'll show up today:

Tue, Nov 17, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Nov 18, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Nov 18, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Nov 19, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Nov 19, 2026

Mood ———— /10   **Energy** ———— /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Nov 20, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Nov 20, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Nov 21, 2026

Mood ⎯⎯⎯⎯ /10 **Energy** ⎯⎯⎯⎯ /10

3 good things that happened:

1 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

2 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

3 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Nov 22, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Nov 22, 2026

Mood ———— /10   **Energy** ———— /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Nov 23, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Nov 23, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Nov 24, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Nov 24, 2026

Mood _____/10   **Energy** _____/10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Nov 25, 2026

Sleep ——————— /10   **Energy** ——————— /10   **Mood** ——————— /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Nov 25, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Nov 26, 2026

Sleep _____/10   **Energy** _____/10   **Mood** _____/10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Nov 26, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Nov 27, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Nov 27, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Nov 28, 2026

Sleep ———— /10   **Energy** ———— /10   **Mood** ———— /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Nov 28, 2026

Mood ⎯⎯⎯⎯ /10   **Energy** ⎯⎯⎯⎯ /10

3 good things that happened:

1 ⎯⎯⎯

2 ⎯⎯⎯

3 ⎯⎯⎯

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Nov 29, 2026

Sleep _____/10   **Energy** _____/10   **Mood** _____/10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mood _____/10

Energy _____/10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Nov 30, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Nov 30, 2026

Mood ⎯⎯⎯⎯ /10   **Energy** ⎯⎯⎯⎯ /10

3 good things that happened:

1 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

2 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

3 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Dec 1, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Dec 1, 2026

Mood ⎯⎯⎯⎯ /10   **Energy** ⎯⎯⎯⎯ /10

3 good things that happened:

1 ⎯⎯

2 ⎯⎯

3 ⎯⎯

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Dec 2, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Dec 2, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Dec 3, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Dec 3, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Dec 4, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Dec 4, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Dec 5, 2026

Sleep ———— /10   **Energy** ———— /10   **Mood** ———— /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Dec 5, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Dec 6, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Dec 6, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Dec 7, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Dec 7, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Dec 8, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Dec 8, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Dec 9, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Dec 9, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Dec 10, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Dec 10, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Dec 11, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Dec 11, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Dec 12, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

_____

One priority:

_____

How I'll show up today:

_____

Sat, Dec 12, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Dec 13, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Dec 13, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Dec 14, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Dec 14, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Dec 15, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Dec 15, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Dec 16, 2026

Sleep ⎯⎯⎯⎯ /10   **Energy** ⎯⎯⎯⎯ /10   **Mood** ⎯⎯⎯⎯ /10

Grateful for:

1 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

2 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

3 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

Today will be a win if:

One priority:

How I'll show up today:

Wed, Dec 16, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Dec 17, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Dec 17, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Dec 18, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Dec 18, 2026 Evening

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____/10   **Energy** _____/10   **Mood** _____/10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Dec 19, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Dec 20, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Dec 20, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Dec 21, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Dec 21, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Dec 22, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Dec 22, 2026

Mood ⎯⎯⎯⎯ /10   **Energy** ⎯⎯⎯⎯ /10

3 good things that happened:

1 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

2 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

3 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Dec 23, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Wed, Dec 23, 2026

Mood _____ /10　　　　　　　　**Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Thu, Dec 24, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Thu, Dec 24, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Fri, Dec 25, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Fri, Dec 25, 2026

Mood _____/10   **Energy** _____/10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sat, Dec 26, 2026

Sleep ———— /10   **Energy** ———— /10   **Mood** ———— /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sat, Dec 26, 2026

Mood ⎯⎯⎯⎯ /10   **Energy** ⎯⎯⎯⎯ /10

3 good things that happened:

1 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

2 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

3 ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

Why they happened / what I did right:

One adjustment for tomorrow:

Sun, Dec 27, 2026

Sleep ———— /10   **Energy** ———— /10   **Mood** ———— /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Sun, Dec 27, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Mon, Dec 28, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Mon, Dec 28, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Tue, Dec 29, 2026

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

One priority:

How I'll show up today:

Tue, Dec 29, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Wed, Dec 30, 2026

Sleep ———— /10   **Energy** ———— /10   **Mood** ———— /10

Grateful for:

1 ——————————————————————————————————

2 ——————————————————————————————————

3 ——————————————————————————————————

Today will be a win if:

One priority:

How I'll show up today:

Wed, Dec 30, 2026

Mood _____ /10

Energy _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Sleep _____ /10   **Energy** _____ /10   **Mood** _____ /10

Grateful for:

1 _____

2 _____

3 _____

Today will be a win if:

_____

One priority:

_____

How I'll show up today:

_____

Thu, Dec 31, 2026

Mood _____ /10   **Energy** _____ /10

3 good things that happened:

1 _____

2 _____

3 _____

Why they happened / what I did right:

One adjustment for tomorrow:

Week of Mon, Jan 5, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Jan 12, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Jan 19, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Jan 26, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Feb 2, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Feb 9, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Feb 16, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Feb 23, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Mar 2, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Mar 9, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Mar 16, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Mar 23, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Mar 30, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Apr 6, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Apr 13, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Apr 20, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Apr 27, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, May 4, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, May 11, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, May 18, 2026

3 highlights:

————

What worked:

————

One improvement:

————

Intention for next week:

Week of Mon, May 25, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Jun 1, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Jun 8, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Jun 15, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Jun 22, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Jun 29, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Jul 6, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Jul 13, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Jul 20, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Jul 27, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Aug 3, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Aug 10, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Aug 17, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Aug 24, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Aug 31, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Sep 7, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Sep 14, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Sep 21, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Sep 28, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Oct 5, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Oct 12, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Oct 19, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Oct 26, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Nov 2, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Nov 9, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Nov 16, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Nov 23, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Nov 30, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Dec 7, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Dec 14, 2026

3 highlights:

What worked:

One improvement:
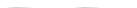
Intention for next week:

Week of Mon, Dec 21, 2026

3 highlights:

What worked:

One improvement:

Intention for next week:

Week of Mon, Dec 28, 2026

3 highlights:

What worked:

One improvement:

Intention for next week: