

MORNING MINDSET

1. One thing I can get excited about today is ...

2. If one word could describe the kind of person I want to be today, then that word is ...and why I chose it is ...

3. Someone who needs me on my A-game today is ...

4. A situation that might stress me out or trip me up today could be ...

...and the way that my best self would deal with that is ...

5. Someone I could surprise with a note, gift, or sign of appreciation is ...

6. One action I could take today to demonstrate excellence or real value is ...

7. One bold action I could take today is ...

8. If I was a high performance coach looking at my life from a high level, I would tell myself to remember that ...

9. The big projects I have to keep in mind that I want to take on, even if I can't act toward them today, are ...

10. I would know that today was a great success if at the end of the day I did or felt these things ...

EVENING JOURNAL

A moment that I really appreciated today was ...

A situation or task I handled well today was ...

Something I realized or learned today was ...

I could have made today even better if I ...

Something that could have helped me feel more connected to others today would have been ...

If I was my own high performance coach, I could tell myself this statement about today ...