

My Morning Routine

DAY:

DATE:

THE 3 THINGS I AM GRATEFUL FOR TODAY ARE....

1.

2.

3.

MY 3 HEALTHY MEALS FOR THE DAY ARE....

1.

2.

3.

1 QUALITY THING I WILL DO WITH EACH OF MY CHILDREN....

1.

3.

2.

4.

1 WAY I WILL CONNECT WITH MY SPOUSE....

1.