

🌟 Morning Reflection Worksheet (Daily)

Date: _____

Energy Level (1–5): ☐ ☐ ☐ ☐ ☐

Mood in 1 Word: _____

🌻 What I Did This Morning

- Silence: _____
- Affirmation of the Day: _____
- Visualization Focus: _____
- Movement: _____
- Reading Insight: _____
- Journal Prompt Response: _____

💡 Morning Wins

- 1. _____
- 2. _____
- 3. _____

🔄 What I'll Refine Tomorrow
