

# MY Best Day Worksheet

## Daily Intention



- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Foods that make me feel good:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## Self-love

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## Movement

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## I am grateful for:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Today's Challenges



## Today's Successes

- |         |         |
|---------|---------|
| ■ _____ | ■ _____ |
| ■ _____ | ■ _____ |
| ■ _____ | ■ _____ |

## Daily Rituals



- |         |         |
|---------|---------|
| ■ _____ | ■ _____ |
| ■ _____ | ■ _____ |
| ■ _____ | ■ _____ |