

Your Best Work

Date: _____

Intentions to Start Your Day

Today's intentions/goals/vision:

The 3 most important issues today are....

Right now, the number one thing on my mind is.....

Today, I can get the help I need by...

Some risks I can take today.....

Today I can become a better person by.....

Today, I can take care of myself by.....

Reflections to End Your Day

What stood in my way today.....

What I could have done better....

I was touched deeply

I am grateful today

Today's reflections/observations/notes

Your Best Work Sheets and Journals are available through www.amyfrost.com