



## DAILY JOURNAL RITUAL

**Each morning,** I invite you to begin your day with the “BIG” journal ritual:

**B**elieve

What do I believe in the world today?

**I**ntention

What is my intention for today?

**G**ratITUDE

What am I grateful for right now?

What is something I'll be grateful for in the future?

List three realistic goals you'd like to set for yourself today.



**Each evening,** come back to your journal page from the morning and reflect:

**L**earn

What did I learn today?

**L**ove

What did I love about today?

**L**et go

What do I want to let go of?