

ReNEWU

Daily Transformation Journal

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I am super excited you have chosen the ReNEWU Journal. My goal for you is to learn what it means to ReNEWU. The next 12 weeks we will dive into defining you. Resetting and or redefining goals, dreams and aspirations. Reclaiming your health and wellness from the inside out. Imputing new information to take you from surviving to thriving.

This journal is designed to help you keep track of your daily habits, biological rhythms and positive health results so that you can build life-long positive habits. You will find 84 days of individual entries and additional questions at the beginning of each week.

Your next 12 weeks will be an amazing transformation if you trust the process, embrace the changes and be persistent.

Marie



Week 1

DEFINING YOU

Who do you want to be?

Why do you want to be this person?

What story have you been telling yourself?



Step out and boldly pursue it.



JOSEPH MCCLENDON III



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



The same thinking that has led you to
where you are is not going to lead you
to where you want to go.

• • • • •

ALBERT EINSTEIN



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Keep your spirit bright, that booty
tight and goals in sight.

• • • • •

ANONYMOUS



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Thought is the blossom; language the
bud; action the fruit behind it.

• • • • •

RALPH WALDO EMERSON



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



You will become as great as your
dominant aspiration.

• • • • •

JAMES ALLEN



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



If you greatly desire something, have
the guts to state everything on
obtaining it.

• • • • •

BRENDAN FRANCIS



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



I think that any time of great pain is a
time of transformation, a fertile time to
plant new seeds.

• • • • •

DEBBIE FORD



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Week 2

CHANGE YOUR
LIFE CHANGE
YOUR STORY

“Beliefs can create and destroy how you condition your certainty”

How have your thoughts hindered your ability to live your best life?

When you imagine a life of passion and purpose, what does that include for you?

What is a breakthrough for you?

Life is happening for you not to you. How is your life better for you today than it has been before?



With every experience, you alone are
painting your own canvas, thought by
thought, choice by choice.

• • • • •

OPRAH WINFREY



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Man, alone, has the power to transform
his thoughts into physical reality; man,
alone, can dream and make his dreams
come through.

• • • • •

NAPOLEON HILL



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



He who has a why to live for can bear
almost any how.

• • • • •

FRIEDRICH NIETZSCHE



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



I did then what I knew how to do. Now
that I know better, I do better.

• • • • •

MAYA ANGELOU



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

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Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Embrace each challenge in your life as
an opportunity for self-transformation.

• • • • •

BERNIE S. SIEGEL



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

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Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

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Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Life is exactly as you dare to make it.

• • • • •

JOSEPH MCCLENDON III



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

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Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

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Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Your imagination is your
preview to life's coming attractions.

• • • • •

ALBERT EINSTEIN



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

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Bowel movements

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Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Week 3

A YEAR IN REVIEW

What has led you to where you are today?

What are seven great things from last year?

What is your greatest achievement from last year?



Tomorrow is the first blank page of a
365 page book. Write a good one.

• • • • •

BRAD PAISLEY



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Cheers to a new year and another
chance for us to get it right.



OPRAH WINFREY



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

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Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



In the New Year, never forget to thank
your past years because they enabled
you to reach today! Without the stairs
of the past, you cannot arrive at the
future!

• • • • •

MEHMET MURAT ILDAN



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Any new beginning is forged from the
shards of the past, not from the
abandonment of the past.

• • • • •

CRAIG D. LOUNSBROUGH



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Year's end is neither an end nor a
beginning but a going on, with all the
wisdom that experience can install in
us.

• • • • •

HAL BORLAND



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



With the new year comes a refueled
motivation to improve on the past one.



GRETCHEN BLEILER



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



The journey is the reward.

• • • • •

STEVE JOBS



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Week 4

LIFE LESSONS

What have you learned from last year?

What was the greatest lesson from last year?

What are you most happy about completing last year?



Take chances, make mistakes. That's how you grow. Pain nourishes your courage. You have to fail in order to practice being brave.

• • • • •

MARY TYLER MOORE



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



When life gives you a hundred reasons
to cry, show life that you have a
thousand reasons to smile.

• • • • •

CHARLIE CHAPLIN



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Life is either a daring adventure or
nothing.

• • • • •

HELLEN KELLER



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Life is inherently risky. There is only
one big risk you should avoid at all
costs, and that is the risk of doing
nothing.

• • • • •

DENIS WAITLEY



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

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Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Self-acknowledgement and
appreciation are what give you the
insights and awareness to move forward
toward higher goals and
accomplishments.

• • • • •

JACK CANFIELD



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

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Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Experience is simply the name we give
our mistakes.

• • • • •

OSCAR WILDE



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Y

You can't go back and change the
beginning, but you can start where you
are and change the ending.

• • • • •

C. S. LEWIS



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Week 5

WHAT YOU GIVE
YOU RECEIVE. BE
WHAT YOU WANT
TO ATTRACT.

What was the most loving act of service you gave of yourself last year?

What important relationship has improved the most last year?

What compliment would you have liked to be given last year?



You get in life what you have the
courage to ask for.

• • • • •

OPRAH WINFREY



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



In the long run, we shape our lives, and
we shape ourselves. The process never
ends until we die. And the choices we
make are ultimately our own
responsibility.

• • • • •

ELEANOR ROOSEVELT



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



What you think, you create. What you
feel, you attract. What you imagine,
you become.

• • • • •

RHONDA BYRNE



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Each thought we have emits energy.
That energy either brings us closer to
the supportive flow of the Universe or
resists it.

• • • • •

GABRIELLE BERNSTEIN



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



You don't become what you want, you
become what you believe.

• • • • •

OPRAH WINFREY



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Positive thoughts create positive things.

• • • • •

VEX KING



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Judgment is a negative frequency.



STEPHEN RICHARDS



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Week 6

GRATITUDE IS AN
ATTITUDE THAT
CHANGES
EVERYTHING

What are you most grateful from last year?

What is great about me?

What is amazing in my life right now?



But one of the big lessons I have learned
from my journey is you can't please
everyone, so don't try.

• • • • •

CHRIS COLFER



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Gratitude unlocks the fullness of life.

• • • • •

ANONYMOUS



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Gratitude is a powerful process for shifting your energy and bringing more of what you want into your life. Be grateful for what you already have and you will attract more good things.

• • • • •

RHONDA BYRNE



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Have an attitude of gratitude.



THOMAS S. MONSON



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



When we focus on our gratitude, the
tide of disappointment goes out and
the tide of love rushes in.

• • • • •

KRISTIN ARMSTRONG



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Gratitude opens the door to the power,
the wisdom, the creativity of the
universe. You open the door through
gratitude.

• • • • •

DEEPAK CHOPRA



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Today I choose to live with gratitude
for the love that fills my heart, the peace
that rests within my spirit, and the voice
of hope that says all things are possible.

• • • • •

ANONYMOUS



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Week 7

LIFE IN BALANCE

Rank the following 6 categories from most important to least important. 1 being the most important.

- _____ Relationships/Family
- _____ Career/Business/Profession
- _____ Lifestyle
- _____ Fitness/Physical Health
- _____ Mental Health
- _____ Spiritual Health

Circle where you've been spending the majority of your time.

Are you balanced in all categories? yes / no

What can you adjust or cut to create balance?

Write out 7 things that matter to you.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____



Life without balance can cost you your relationships, your health, your wealth and happiness. So find things to motivate you from all areas of life. Your success depends on it.

• • • • •

JIM ROHN



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



You can't have a physical
transformation until you have a
spiritual transformation.



CORY BOOKER



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Breathe. Let go. And remind yourself
that this very moment is the only one
you know you have for sure.

• • • • •

OPRAH WINFREY



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Self-care is how you take your power
back.

• • • • •

LALAH DELIA



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Happiness is not a matter of intensity
but of balance and order and rhythm
and harmony.



THOMAS MERTON



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Moderate in order to taste the joys of
life in abundance.



EPICURUS



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Take time to make your soul happy.

• • • • •

ANONYMOUS



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Week 8

HIT THE RESET

What is your biggest piece of unfinished business from last year?

What was your biggest risk you took last year?

What was the biggest surprise of last year?



Though nobody can go back and make
a new beginning... Anyone can start
over and make a new ending.

• • • • •

CHICO XAVIER



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



You can only lose what you cling to.

• • • • •

BUDDHA



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Every defeat, every heartbreak, every loss, contains its own seed, its own lesson on how to improve your performance the next time.

• • • • •

OG MANDINO



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



You only struggle because you're ready
to grow but aren't willing to let go.

• • • • •

DREW GERALD



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Rest. Refocus. Restart.

• • • • •

ANONYMOUS



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



You must learn a new way to think
before you can master a new way to be.



MARIANNE WILLIAMSON



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



When I let go of what I am, I become
what I might be.

• • • • •

LAO TZU



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Week 9

STRIVE FOR MORE
BY SETTING GOALS

What are your goals for this year?

What is standing in your way from achieving your goals?

What can you do today that will get you closer to your goals?



You are never too old to set another
goal or to dream a new dream.



LES BROWN



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Life is not a problem to be solved, but a
reality to be experienced.

• • • • •

SØREN KIERKEGAARD



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



If you want to be happy, set a goal that
commands your thoughts, liberates
your energy and inspires your hopes.

• • • • •

ANDREW CARNEGIE



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



All who have accomplished great things
have had a great aim, have fixed their
gaze on a goal which was high, one
which sometimes seemed impossible.

• • • • •

ORISON SWETT MARDEN



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



You have to set goals that are almost out of reach. If you set a goal that is attainable without much work or thought, you are stuck with something below your true talent and potential.

• • • • •

STEVE GARVEY



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Setting goals is the first step in turning
the invisible into the visible.

• • • • •

TONY ROBBINS



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Put your future in good hands—your
own.

• • • • •

MARK VICTOR HANSEN



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Week 10

DIRECTING YOUR
FOCUS

What are 2 decisions you've been putting off? (1 big/1 small)

What will it cost you if you don't follow through?

What's 1 action you can take immediately toward these decisions?



Never give up on something that you
can't go a day without thinking about.

• • • • •

WINSTON CHURCHILL



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



All our dreams can come true, if we
have the courage to pursue them.

• • • • •

WALT DISNEY



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



It all begins and ends in your mind.
What you give power to has power over
you.

• • • • •

LEON BROWN



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Life is 10% what you make it, and 90%
how you take it.

• • • • •

IRVING BERLIN



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Stay focused, go after your dreams and
keep moving toward your goals.

• • • • •

LL COOL J



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



If you want to live a long life, focus on
making contributions.

• • • • •

HANS SELYE



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



What you focus on expands. So focus
on what you want, not what you do
not want.



ESTHER JNO-CHARLES



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Week 11

WHO DO YOU
SURROUND
YOURSELF WITH?

Who were the three people that had the greatest impact on your life last year?

1.

2.

3.

Who makes you laugh?

Who is your most positive role model?

What one word describes last year's experiences?

Notes:



In the end, it's not going to matter how
many breaths you took, but how many
moments took your breath away.

• • • • •

SHING XIONG



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



It hurts to love someone and not be
loved in return. But what is more
painful is to love someone and never
find the courage to let that person
know how you feel.

• • • • •

EARL KING



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Close some doors today. Not because
of pride, incapacity or arrogance, but
simply because they lead you nowhere.

• • • • •

PAULO COELHO



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



When someone shows you who they
are, believe them the first time.

• • • • •

MAYA ANGELOU



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Be like a tree and let the dead leaves
drop.

• • • • •

RUMI



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



You only struggle because you're ready
to grow but aren't willing to let go.

• • • • •

DREW GERALD



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Letting go doesn't mean you stop
caring. It means you stop trying to force
others to.

• • • • •

MANDY HALE



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Week 12

JOY



Joy does not simply happen to us. We
have to choose joy and keep choosing it
every day.

• • • • •

HENRI NOUWEN



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Go find your Joy. Whatever that is, go find your joy. Are you going to have a good day or are you going to have a great day? Because it's completely up to you.

• • • • •

SANDRA BULLOCK



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Life doesn't have to be perfect to be
filled with joy.

• • • • •

ANONYMOUS



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



If you carry joy in your heart, you can
heal any moment.

• • • • •

CARLOS SANTANA



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



To have joy in your heart, one must
know how to appreciate the small
things in life.

• • • • •

ANONYMOUS



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Joy is not in things; it is in us.

• • • • •

RICHARD WAGNER



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:



Find joy in everything you choose to do. Every job, relationship, home. It's your responsibility to love it, or change it.

• • • • •

CHUCK PALAHNIUK



Date: ____ / ____ / ____



Quality of sleep: _____

I went to bed at: _____ I woke up at: _____

How I feel this morning:



What can I do to be amazing?

Goals for the day:

1. _____
2. _____
3. _____

Blood sugar levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Ketone levels

Wake Up	Before 1 st Meal	2hrs After 1 st Meal

Meals

Time	Food Eaten

Water intake: _____

Bowel movements

Time	Food Eaten

Movement/Exercise:

DAILY REFLECTIONS

What did I learn today?

Who did I help today? Or how did I give of myself today?

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What goals are still in progress?

Prayers & meditations:

Positive affirmations:

Notes:
