



# Morning Intention

# Daily Pause & Reflect

The way I want to be with myself  
and others today is:

Date:

The one thing I can do to make today great is:

The most important thing to remember today is:

The daily practice or habit that will help me  
most today is:

My word for today is:

## Evening Reflection



One thing I am grateful for:

Today's highlights:

Other thoughts:



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