

Date:

Yesterday-Today-Tomorrow

A Daily Reflection and Intentions Worksheet

YESTERDAY

(What are the things I accomplished yesterday? Big and small.)

Drank 8 glasses water Read book on habit change.
Took vitamins.
Rode bike for 30 min.
Wrote 500 words.
Followed my food plan.

TODAY

(What are my intentions and strategies for today? What I am going to do today that moves me toward my goals?)

Write food plan and follow.
I will walk for 30 min at 2pm.
I will schedule writing time into my calendar for
the week.
I will take my lunch to work.

TOMORROW

(What are my top goals for the future? Write as if they have already happened.)

I am at my goal weight and maintain
with ease.
I exercise 5x/week.
I have written a book.