

# Journal

BUILD SELF AWARENESS  
AND HEALTHY HABITS  
EVERY SINGLE DAY



Month: \_\_\_\_\_



MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY


BLACKRIVERPM.COM      CORPORATE CONSULTING & EXECUTIVE COACHING EXPERTS



Habit Tracker

M T W T F S S

○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

M T W T F S S

○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

M T W T F S S

○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

"Motivation is what gets you going, Habit is what keeps you going." Jim Rohn

Month: \_\_\_\_\_



MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY


BLACKRIVERPM.COM      CORPORATE CONSULTING & EXECUTIVE COACHING EXPERTS



Habit Tracker

M	T	W	T	F	S	S
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

M	T	W	T	F	S	S
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

M	T	W	T	F	S	S
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

"Motivation is what gets you going, Habit is what keeps you going." Jim Rohn



# Daily

BUILD SELF AWARENESS AND HEALTHY  
HABITS EVERY SINGLE DAY

*fuel the human spirit*

CORPORATE CONSULTING & EXECUTIVE COACHING EXPERTS

[WWW.BLACKRIVERPM.COM](http://WWW.BLACKRIVERPM.COM)





M T W T F S S

This image shows a full page of primary-ruled paper. It features a vertical solid line on the left side, creating a margin. The rest of the page is filled with horizontal dashed lines, providing a guide for letter height. There are no markings or text on the page.

---

---

---

---

.....

.....

.....

.....

.....



**PREPARE:**



BLACKRIVERPM.COM

# GRATITUDE

Learn more about gratitude here @blackriverpm.com



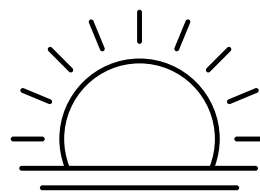
.....

.....

.....

.....

.....



## Morning Routine

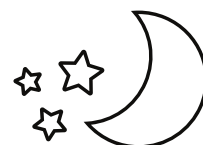
✓ INTENTION FOR THE DAY:

✓ QUOTE OF THE DAY:

✓ DAILY AFFIRMATION:

## Evening Ritual

THINGS THAT HAPPENED:



**MY TWO DOMINANT EMOTIONS FOR THE DAY:** .....

**SCREEN TIME REVIEW:** .....  
Use your phone settings.

**CONSUMING vs CREATING:** .....

Estimate the ratio of how you spent your day, consuming vs creating (ie 60:40).  
Consuming: passive activities such as scrolling, watching, observing, reading, listening.  
Creating = active activities, journaling, writing, painting, building, creating.

### CHECK IN:

Something you learned:

Something that surprised you:

Something you are committed to:

### HOW DID I DO?

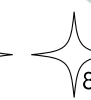
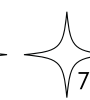
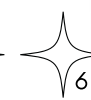
Did I follow my daily intention?

Did I remember my affirmation?

Did I stay true to my core values?



Rate your day:



worst day

best day



M T W T F S S

## PRIORITIZE:

[illegible]

## REMEMBER:

[illegible]

## CONNECT:

```
#####
```

```
#####
```

Notes:



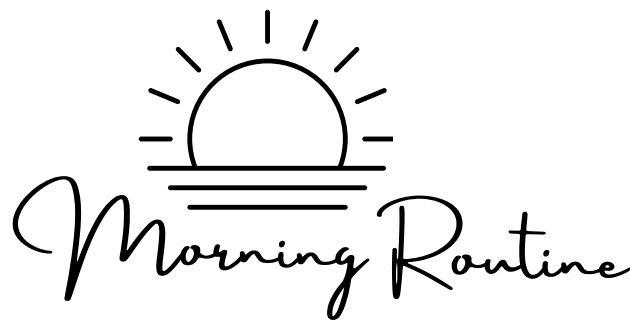
**PREPARE:**

WATER:



# GRATITUDE

Learn more about gratitude here @blackriverpm.com



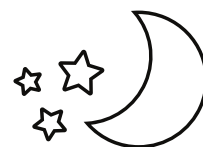
✓ INTENTION FOR THE DAY:

✓ QUOTE OF THE DAY:

✓ DAILY AFFIRMATION:

# Evening Ritual

THINGS THAT HAPPENED:



MY TWO DOMINANT EMOTIONS FOR THE DAY: \_\_\_\_\_

SCREEN TIME REVIEW: \_\_\_\_\_  
Use your phone settings.

CONSUMING vs CREATING: \_\_\_\_\_

Estimate the ratio of how you spent your day, consuming vs creating (ie 60:40).  
Consuming: passive activities such as scrolling, watching, observing, reading, listening.  
Creating = active activities, journaling, writing, painting, building, creating.

## CHECK IN:

Something you learned:

Something that surprised you:

Something you are committed to:

## HOW DID I DO?

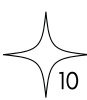
Did I follow my daily intention?

Did I remember my affirmation?

Did I stay true to my core values?



Rate your day:



worst day

best day



# GRATITUDE

Learn more about gratitude here @blackriverpm.com



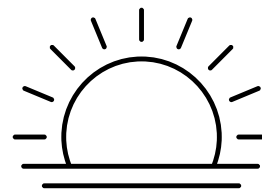
.....

.....

.....

.....

.....



## Morning Routine

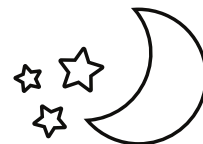
✓ INTENTION FOR THE DAY:

✓ QUOTE OF THE DAY:

✓ DAILY AFFIRMATION:

## Evening Ritual

THINGS THAT HAPPENED:



**MY TWO DOMINANT EMOTIONS FOR THE DAY:** .....

**SCREEN TIME REVIEW:** .....  
Use your phone settings.

**CONSUMING vs CREATING:** .....

Estimate the ratio of how you spent your day, consuming vs creating (ie 60:40).  
Consuming: passive activities such as scrolling, watching, observing, reading, listening.  
Creating = active activities, journaling, writing, painting, building, creating.

### CHECK IN:

Something you learned:

Something that surprised you:

Something you are committed to:

### HOW DID I DO?





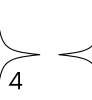
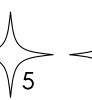




Did I follow my daily intention?

Did I remember my affirmation?

Did I stay true to my core values?



Rate your day:

worst day best day



M T W T F S S

# Today's Plan

## SCHEDULE:

[illegible]

## PRIORITIZE:

---

---

---

---

## REMEMBER:

---

---

---

## CONNECT:

.....

Notes:

**PREPARE:**

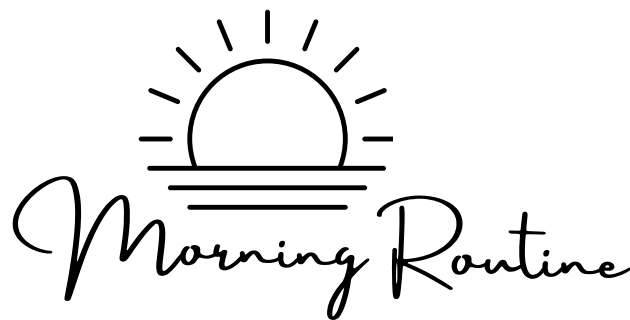
**PREPARE:**

WATER:



# GRATITUDE

Learn more about gratitude here @blackriverpm.com



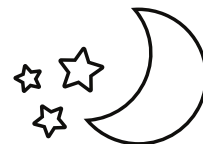
✓ INTENTION FOR THE DAY:

✓ QUOTE OF THE DAY:

✓ DAILY AFFIRMATION:

# Evening Ritual

THINGS THAT HAPPENED:



MY TWO DOMINANT EMOTIONS FOR THE DAY: \_\_\_\_\_

SCREEN TIME REVIEW: \_\_\_\_\_  
Use your phone settings.

CONSUMING vs CREATING: \_\_\_\_\_

Estimate the ratio of how you spent your day, consuming vs creating (ie 60:40).  
Consuming: passive activities such as scrolling, watching, observing, reading, listening.  
Creating = active activities, journaling, writing, painting, building, creating.

## CHECK IN:

Something you learned:

Something that surprised you:

Something you are committed to:

## HOW DID I DO?

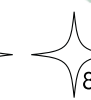
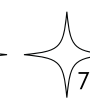
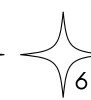
Did I follow my daily intention?

Did I remember my affirmation?

Did I stay true to my core values?



Rate your day:



worst day

best day



M T W T F S S

# Today's Plan

## SCHEDULE:

This image shows a full page of primary-ruled paper. It features a series of horizontal dashed lines spaced evenly down the page. A single vertical dotted line runs along the left side, creating a narrow margin. The rest of the page is blank white space.

## PRIORITIZE:

---

---

---

---

## REMEMBER:

---

---

---

## CONNECT:

.....

Notes:

**PREPARE:**

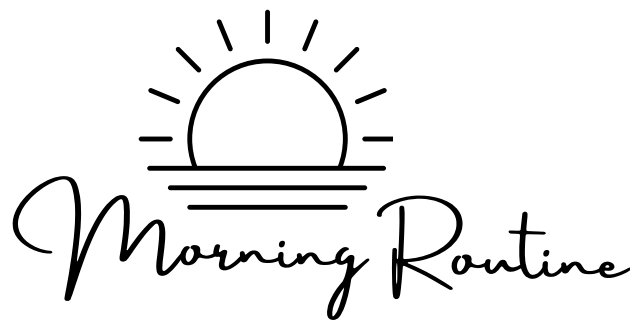
**PREPARE:**

WATER:



# GRATITUDE

Learn more about gratitude here @blackriverpm.com



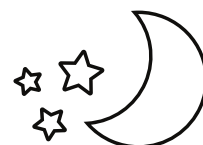
✓ INTENTION FOR THE DAY:

✓ QUOTE OF THE DAY:

✓ DAILY AFFIRMATION:

# Evening Ritual

THINGS THAT HAPPENED:



MY TWO DOMINANT EMOTIONS FOR THE DAY: \_\_\_\_\_

SCREEN TIME REVIEW: \_\_\_\_\_  
Use your phone settings.

CONSUMING vs CREATING: \_\_\_\_\_

Estimate the ratio of how you spent your day, consuming vs creating (ie 60:40).  
Consuming: passive activities such as scrolling, watching, observing, reading, listening.  
Creating = active activities, journaling, writing, painting, building, creating.

## CHECK IN:

Something you learned:

Something that surprised you:

Something you are committed to:

## HOW DID I DO?

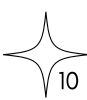
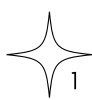
Did I follow my daily intention?

Did I remember my affirmation?

Did I stay true to my core values?



Rate your day:



worst day

best day



M T W T F S S

# Today's Plan

[illegible]

---

---

---

---

.....

.....

.....

.....

Notes:

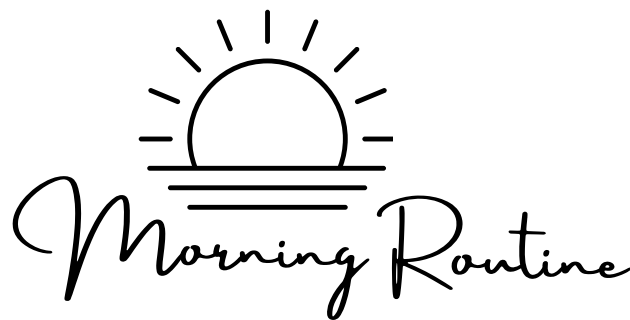
**PREPARE:**



BLACKRIVERPM.COM

# GRATITUDE

Learn more about gratitude here @blackriverpm.com



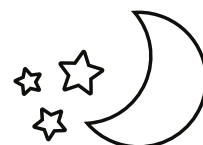
✓ INTENTION FOR THE DAY:

✓ QUOTE OF THE DAY:

✓ DAILY AFFIRMATION:

# Evening Ritual

THINGS THAT HAPPENED:



MY TWO DOMINANT EMOTIONS FOR THE DAY: \_\_\_\_\_

SCREEN TIME REVIEW: \_\_\_\_\_  
Use your phone settings.

CONSUMING vs CREATING: \_\_\_\_\_

Estimate the ratio of how you spent your day, consuming vs creating (ie 60:40).  
Consuming: passive activities such as scrolling, watching, observing, reading, listening.  
Creating = active activities, journaling, writing, painting, building, creating.

## CHECK IN:

Something you learned:

Something that surprised you:

Something you are committed to:

## HOW DID I DO?

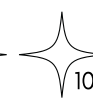
Did I follow my daily intention?

Did I remember my affirmation?

Did I stay true to my core values?



Rate your day:



worst day

best day



M T W T F S S

## PRIORITIZE:

This image shows a full page of primary-ruled paper. It features a vertical solid line on the left side, creating a margin. The rest of the page is filled with horizontal dashed lines, providing a guide for letter height. There are no markings or text on the page.

## REMEMBER:

.....

.....

.....

## CONNECT:

```
#####
```

```
#####
```

Notes:



**PREPARE:**

WATER:



# GRATITUDE

Learn more about gratitude here @blackriverpm.com



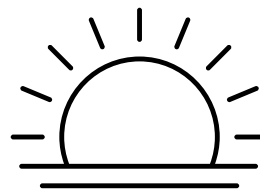
.....

.....

.....

.....

.....



## Morning Routine

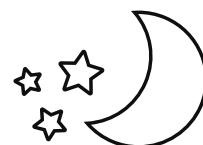
✓ INTENTION FOR THE DAY:

✓ QUOTE OF THE DAY:

✓ DAILY AFFIRMATION:

## Evening Ritual

THINGS THAT HAPPENED:



**MY TWO DOMINANT EMOTIONS FOR THE DAY:** .....

**SCREEN TIME REVIEW:** .....  
Use your phone settings.

**CONSUMING vs CREATING:** .....

Estimate the ratio of how you spent your day, consuming vs creating (ie 60:40).  
Consuming: passive activities such as scrolling, watching, observing, reading, listening.  
Creating = active activities, journaling, writing, painting, building, creating.

### CHECK IN:

Something you learned:

Something that surprised you:

Something you are committed to:

### HOW DID I DO?

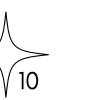
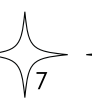
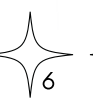
Did I follow my daily intention?

Did I remember my affirmation?

Did I stay true to my core values?



Rate your day:



worst day

best day



M T W T F S S

## PRIORITIZE:

This image shows a full page of primary-ruled paper. It features a vertical solid line on the left side, creating a margin. The rest of the page is filled with horizontal dashed lines, providing a guide for letter height. There are no markings or text on the page.

## REMEMBER:

.....

.....

.....

## CONNECT:

[illegible]

Notes:



**PREPARE:**

WATER:



# GRATITUDE

Learn more about gratitude here @blackriverpm.com



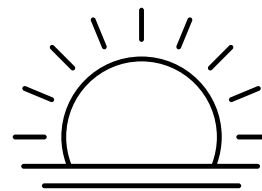
.....

.....

.....

.....

.....



## Morning Routine

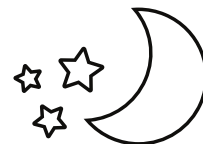
✓ INTENTION FOR THE DAY:

✓ QUOTE OF THE DAY:

✓ DAILY AFFIRMATION:

## Evening Ritual

THINGS THAT HAPPENED:



**MY TWO DOMINANT EMOTIONS FOR THE DAY:** .....

**SCREEN TIME REVIEW:** .....  
Use your phone settings.

**CONSUMING vs CREATING:** .....

Estimate the ratio of how you spent your day, consuming vs creating (ie 60:40).  
Consuming: passive activities such as scrolling, watching, observing, reading, listening.  
Creating = active activities, journaling, writing, painting, building, creating.

### CHECK IN:

Something you learned:

Something that surprised you:

Something you are committed to:

### HOW DID I DO?





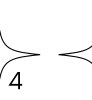
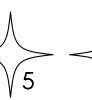




Did I follow my daily intention?

Did I remember my affirmation?

Did I stay true to my core values?



Rate your day:

worst day best day



BLACK RIVER

# Today's Plan

M T W T F S S

[illegible]

---

---

---

---

---

---

---

.....

Notes:

**PREPARE:**

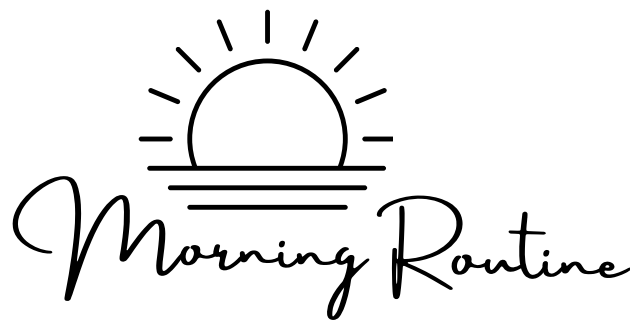
WATER:



BLACKRIVERPM.COM

# GRATITUDE

Learn more about gratitude here @blackriverpm.com



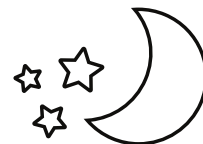
✓ INTENTION FOR THE DAY:

✓ QUOTE OF THE DAY:

✓ DAILY AFFIRMATION:

# Evening Ritual

THINGS THAT HAPPENED:



MY TWO DOMINANT EMOTIONS FOR THE DAY: \_\_\_\_\_

SCREEN TIME REVIEW: \_\_\_\_\_  
Use your phone settings.

CONSUMING vs CREATING: \_\_\_\_\_

Estimate the ratio of how you spent your day, consuming vs creating (ie 60:40).  
Consuming: passive activities such as scrolling, watching, observing, reading, listening.  
Creating = active activities, journaling, writing, painting, building, creating.

## CHECK IN:

Something you learned:

Something that surprised you:

Something you are committed to:

## HOW DID I DO?

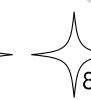
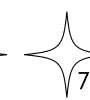
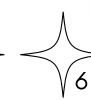
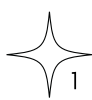
Did I follow my daily intention?

Did I remember my affirmation?

Did I stay true to my core values?



Rate your day:



worst day

best day



M T W T F S S

# Today's Plan

## SCHEDULE:

[illegible]

## PRIORITIZE:

---

---

---

---

## REMEMBER:

---

---

---

## CONNECT:

.....

Notes:

**PREPARE:**

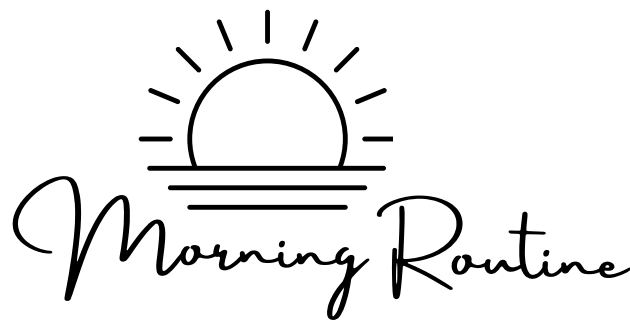
**PREPARE:**

WATER:



# GRATITUDE

Learn more about gratitude here @blackriverpm.com



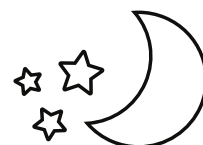
✓ INTENTION FOR THE DAY:

✓ QUOTE OF THE DAY:

✓ DAILY AFFIRMATION:

# Evening Ritual

THINGS THAT HAPPENED:



MY TWO DOMINANT EMOTIONS FOR THE DAY: \_\_\_\_\_

SCREEN TIME REVIEW: \_\_\_\_\_  
Use your phone settings.

CONSUMING vs CREATING: \_\_\_\_\_

Estimate the ratio of how you spent your day, consuming vs creating (ie 60:40).  
Consuming: passive activities such as scrolling, watching, observing, reading, listening.  
Creating = active activities, journaling, writing, painting, building, creating.

## CHECK IN:

Something you learned:

Something that surprised you:

Something you are committed to:

## HOW DID I DO?

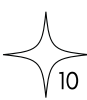
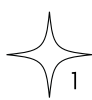
Did I follow my daily intention?

Did I remember my affirmation?

Did I stay true to my core values?



Rate your day:



worst day

best day



M T W T F S S

# Today's Plan

[illegible]

---

---

---

---

.....

.....

.....

.....

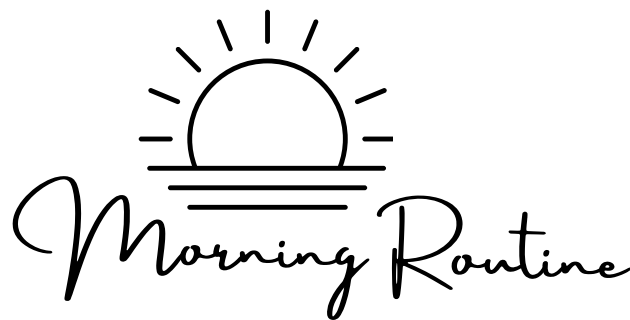
Notes:

**PREPARE:**



# GRATITUDE

Learn more about gratitude here @blackriverpm.com



✓ INTENTION FOR THE DAY:

✓ QUOTE OF THE DAY:

✓ DAILY AFFIRMATION:

# Evening Ritual

THINGS THAT HAPPENED:



MY TWO DOMINANT EMOTIONS FOR THE DAY: \_\_\_\_\_

SCREEN TIME REVIEW: \_\_\_\_\_  
Use your phone settings.

CONSUMING vs CREATING: \_\_\_\_\_

Estimate the ratio of how you spent your day, consuming vs creating (ie 60:40).  
Consuming: passive activities such as scrolling, watching, observing, reading, listening.  
Creating = active activities, journaling, writing, painting, building, creating.

## CHECK IN:

Something you learned:

Something that surprised you:

Something you are committed to:

## HOW DID I DO?

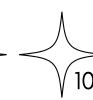
Did I follow my daily intention?

Did I remember my affirmation?

Did I stay true to my core values?



Rate your day:



worst day

best day



M T W T F S S

## PRIORITIZE:

This image shows a full page of primary-ruled paper. It features a vertical solid line on the left side, creating a margin. The rest of the page is filled with horizontal dashed lines, providing a guide for letter height. There are no markings or text on the page.

## REMEMBER:

.....

.....

.....

## CONNECT:

.....

Notes:



**PREPARE:**

WATER:



# GRATITUDE

Learn more about gratitude here @blackriverpm.com



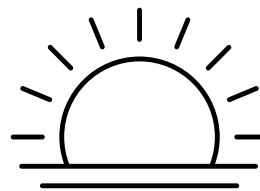
.....

.....

.....

.....

.....



## Morning Routine

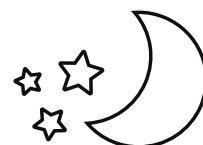
✓ INTENTION FOR THE DAY:

✓ QUOTE OF THE DAY:

✓ DAILY AFFIRMATION:

## Evening Ritual

THINGS THAT HAPPENED:



MY TWO DOMINANT EMOTIONS FOR THE DAY: .....

SCREEN TIME REVIEW: .....  
Use your phone settings.

CONSUMING vs CREATING: .....

Estimate the ratio of how you spent your day, consuming vs creating (ie 60:40).  
Consuming: passive activities such as scrolling, watching, observing, reading, listening.  
Creating = active activities, journaling, writing, painting, building, creating.

### CHECK IN:

Something you learned:

Something that surprised you:

Something you are committed to:

### HOW DID I DO?

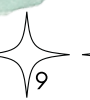
Did I follow my daily intention?

Did I remember my affirmation?

Did I stay true to my core values?



Rate your day:



worst day

best day



# Today's Plan

M T W T F S S

[illegible]

.....

.....

.....

.....

.....

.....

.....

.....

.....

Notes:

**PREPARE:**



BLACKRIVERPM.COM

# GRATITUDE

Learn more about gratitude here @blackriverpm.com



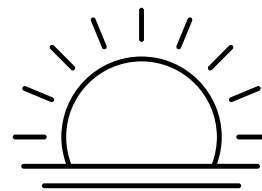
.....

.....

.....

.....

.....



## Morning Routine

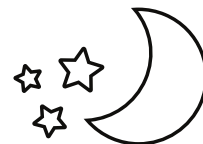
✓ INTENTION FOR THE DAY:

✓ QUOTE OF THE DAY:

✓ DAILY AFFIRMATION:

## Evening Ritual

THINGS THAT HAPPENED:



**MY TWO DOMINANT EMOTIONS FOR THE DAY:** .....

**SCREEN TIME REVIEW:** .....  
Use your phone settings.

**CONSUMING vs CREATING:** .....

Estimate the ratio of how you spent your day, consuming vs creating (ie 60:40).  
Consuming: passive activities such as scrolling, watching, observing, reading, listening.  
Creating = active activities, journaling, writing, painting, building, creating.

### CHECK IN:

Something you learned:

Something that surprised you:

Something you are committed to:

### HOW DID I DO?





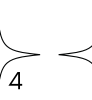
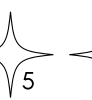




Did I follow my daily intention?

Did I remember my affirmation?

Did I stay true to my core values?



Rate your day:

worst day best day



BLACK RIVER

DATE:

M T W T F S S

## PRIORITIZE:

[illegible]

---

---

---

---

---

---

---

.....

Notes:

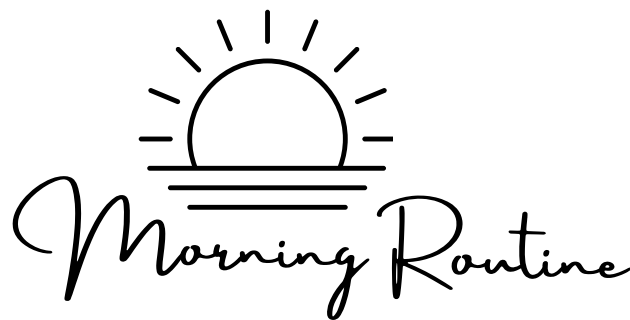
**PREPARE:**

WATER:



# GRATITUDE

Learn more about gratitude here @blackriverpm.com



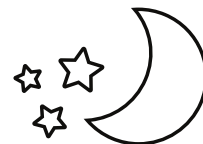
✓ INTENTION FOR THE DAY:

✓ QUOTE OF THE DAY:

✓ DAILY AFFIRMATION:

# Evening Ritual

THINGS THAT HAPPENED:



MY TWO DOMINANT EMOTIONS FOR THE DAY: \_\_\_\_\_

SCREEN TIME REVIEW: \_\_\_\_\_  
Use your phone settings.

CONSUMING vs CREATING: \_\_\_\_\_

Estimate the ratio of how you spent your day, consuming vs creating (ie 60:40).  
Consuming: passive activities such as scrolling, watching, observing, reading, listening.  
Creating = active activities, journaling, writing, painting, building, creating.

## CHECK IN:

Something you learned:

Something that surprised you:

Something you are committed to:

## HOW DID I DO?

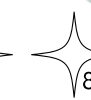
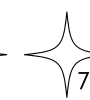
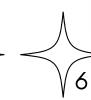
Did I follow my daily intention?

Did I remember my affirmation?

Did I stay true to my core values?



Rate your day:



worst day

best day



M T W T F S S

# Today's Plan

## SCHEDULE:

This image shows a full page of primary-ruled paper. It features a series of horizontal dashed lines spaced evenly down the page. A single vertical dotted line runs along the left side, creating a narrow margin. The rest of the page is white and contains no other markings or text.

## PRIORITIZE:

---

---

---

---

## REMEMBER:

---

---

---

## CONNECT:

.....

Notes:

**PREPARE:**

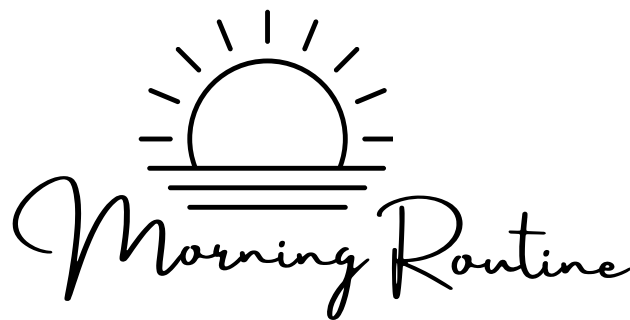
**PREPARE:**

WATER:



# GRATITUDE

Learn more about gratitude here @blackriverpm.com



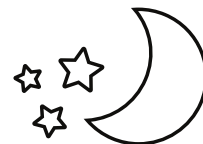
✓ INTENTION FOR THE DAY:

✓ QUOTE OF THE DAY:

✓ DAILY AFFIRMATION:

# Evening Ritual

THINGS THAT HAPPENED:



MY TWO DOMINANT EMOTIONS FOR THE DAY: \_\_\_\_\_

SCREEN TIME REVIEW: \_\_\_\_\_  
Use your phone settings.

CONSUMING vs CREATING: \_\_\_\_\_

Estimate the ratio of how you spent your day, consuming vs creating (ie 60:40).  
Consuming: passive activities such as scrolling, watching, observing, reading, listening.  
Creating = active activities, journaling, writing, painting, building, creating.

## CHECK IN:

Something you learned:

Something that surprised you:

Something you are committed to:

## HOW DID I DO?

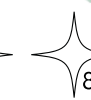
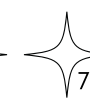
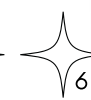
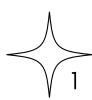
Did I follow my daily intention?

Did I remember my affirmation?

Did I stay true to my core values?



Rate your day:



worst day

best day



M T W T F S S

# Today's Plan

## SCHEDULE:

[illegible]

## PRIORITIZE:

---

---

---

---

## REMEMBER:

---

---

---

## CONNECT:

.....

Notes:

**PREPARE:**

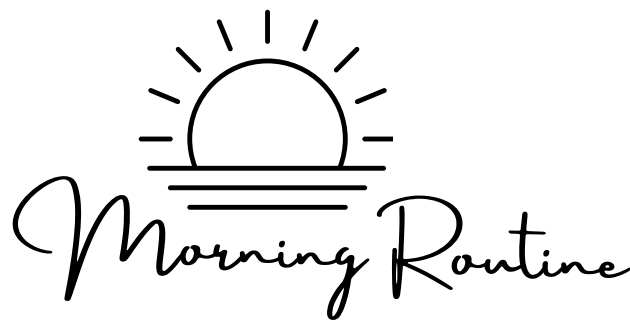
**PREPARE:**

WATER:



# GRATITUDE

Learn more about gratitude here @blackriverpm.com



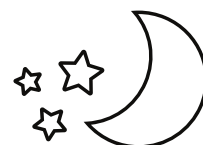
✓ INTENTION FOR THE DAY:

✓ QUOTE OF THE DAY:

✓ DAILY AFFIRMATION:

# Evening Ritual

THINGS THAT HAPPENED:



MY TWO DOMINANT EMOTIONS FOR THE DAY: \_\_\_\_\_

SCREEN TIME REVIEW: \_\_\_\_\_  
Use your phone settings.

CONSUMING vs CREATING: \_\_\_\_\_

Estimate the ratio of how you spent your day, consuming vs creating (ie 60:40).  
Consuming: passive activities such as scrolling, watching, observing, reading, listening.  
Creating = active activities, journaling, writing, painting, building, creating.

## CHECK IN:

Something you learned:

Something that surprised you:

Something you are committed to:

## HOW DID I DO?

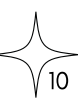
Did I follow my daily intention?

Did I remember my affirmation?

Did I stay true to my core values?



Rate your day:



worst day

best day



M T W T F S S

## PRIORITIZE:

[illegible]

## REMEMBER:

.....

.....

.....

## CONNECT:

```
#####
```

```
#####
```

Notes:



**PREPARE:**

WATER:



# GRATITUDE

Learn more about gratitude here @blackriverpm.com



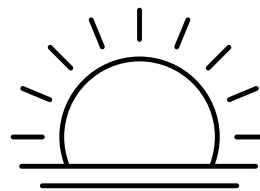
.....

.....

.....

.....

.....



## Morning Routine

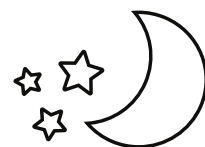
✓ INTENTION FOR THE DAY:

✓ QUOTE OF THE DAY:

✓ DAILY AFFIRMATION:

## Evening Ritual

THINGS THAT HAPPENED:



MY TWO DOMINANT EMOTIONS FOR THE DAY: .....

SCREEN TIME REVIEW: .....  
Use your phone settings.

CONSUMING vs CREATING: .....

Estimate the ratio of how you spent your day, consuming vs creating (ie 60:40).  
Consuming: passive activities such as scrolling, watching, observing, reading, listening.  
Creating = active activities, journaling, writing, painting, building, creating.

### CHECK IN:

Something you learned:

Something that surprised you:

Something you are committed to:

### HOW DID I DO?

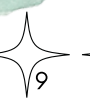
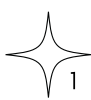
Did I follow my daily intention?

Did I remember my affirmation?

Did I stay true to my core values?



Rate your day:



worst day

best day



M T W T F S S

## PRIORITIZE:

This image shows a full page of primary-ruled paper. It features a vertical solid line on the left side, creating a margin. The rest of the page is filled with horizontal dashed lines, providing a guide for letter height. There are no markings or text on the page.

## REMEMBER:

.....

.....

.....

## CONNECT:

```

#####

```

Notes:



**PREPARE:**

WATER:



# GRATITUDE

Learn more about gratitude here @blackriverpm.com



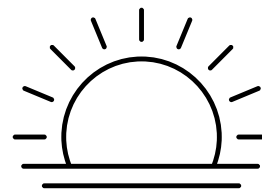
.....

.....

.....

.....

.....



## Morning Routine

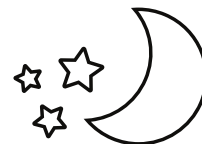
✓ INTENTION FOR THE DAY:

✓ QUOTE OF THE DAY:

✓ DAILY AFFIRMATION:

## Evening Ritual

THINGS THAT HAPPENED:



MY TWO DOMINANT EMOTIONS FOR THE DAY: .....

SCREEN TIME REVIEW: .....  
Use your phone settings.

CONSUMING vs CREATING: .....

Estimate the ratio of how you spent your day, consuming vs creating (ie 60:40).  
Consuming: passive activities such as scrolling, watching, observing, reading, listening.  
Creating = active activities, journaling, writing, painting, building, creating.

### CHECK IN:

Something you learned:

Something that surprised you:

Something you are committed to:

### HOW DID I DO?





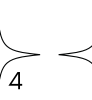
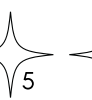




Did I follow my daily intention?

Did I remember my affirmation?

Did I stay true to my core values?



Rate your day:

worst day best day



M T W T F S S

# Today's Plan

## SCHEDULE:

[illegible]

## PRIORITIZE:

---

---

---

---

## REMEMBER:

---

---

---

## CONNECT:

.....

Notes:

**PREPARE:**

**PREPARE:**

WATER:



# GRATITUDE

Learn more about gratitude here @blackriverpm.com



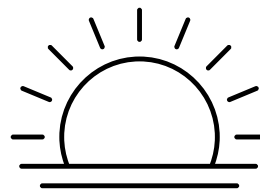
.....

.....

.....

.....

.....



## Morning Routine

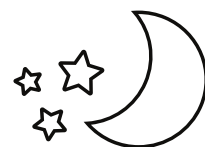
✓ INTENTION FOR THE DAY:

✓ QUOTE OF THE DAY:

✓ DAILY AFFIRMATION:

## Evening Ritual

THINGS THAT HAPPENED:



**MY TWO DOMINANT EMOTIONS FOR THE DAY:** .....

**SCREEN TIME REVIEW:** .....  
Use your phone settings.

**CONSUMING vs CREATING:** .....

Estimate the ratio of how you spent your day, consuming vs creating (ie 60:40).  
Consuming: passive activities such as scrolling, watching, observing, reading, listening.  
Creating = active activities, journaling, writing, painting, building, creating.

### CHECK IN:

Something you learned:

Something that surprised you:

Something you are committed to:

### HOW DID I DO?

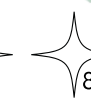
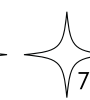
Did I follow my daily intention?

Did I remember my affirmation?

Did I stay true to my core values?



Rate your day:



worst day

best day



M T W T F S S

## PRIORITIZE:

This image shows a full page of primary-ruled paper. It features a vertical solid line on the left side, creating a margin. The rest of the page is filled with horizontal dashed lines, providing a guide for letter height. There are no markings or text on the page.

## REMEMBER:

.....

.....

.....

## CONNECT:

.....

.....

Notes:



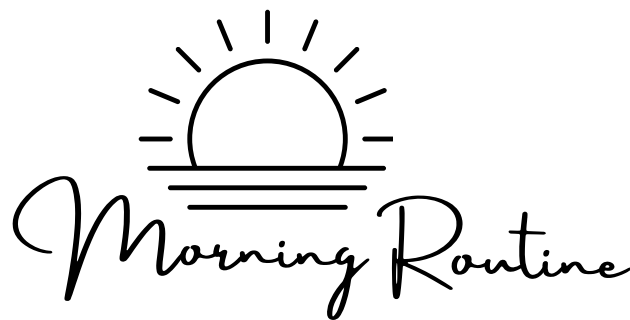
**PREPARE:**

WATER:



# GRATITUDE

Learn more about gratitude here @blackriverpm.com



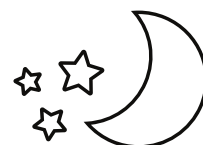
✓ INTENTION FOR THE DAY:

✓ QUOTE OF THE DAY:

✓ DAILY AFFIRMATION:

# Evening Ritual

THINGS THAT HAPPENED:



MY TWO DOMINANT EMOTIONS FOR THE DAY: \_\_\_\_\_

SCREEN TIME REVIEW: \_\_\_\_\_  
Use your phone settings.

CONSUMING vs CREATING: \_\_\_\_\_

Estimate the ratio of how you spent your day, consuming vs creating (ie 60:40).  
Consuming: passive activities such as scrolling, watching, observing, reading, listening.  
Creating = active activities, journaling, writing, painting, building, creating.

## CHECK IN:

Something you learned:

Something that surprised you:

Something you are committed to:

## HOW DID I DO?

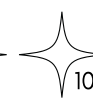
Did I follow my daily intention?

Did I remember my affirmation?

Did I stay true to my core values?



Rate your day:



worst day

best day



M T W T F S S

# Today's Plan

## SCHEDULE:

[illegible]

## PRIORITIZE:

---

---

---

---

## REMEMBER:

---

---

---

## CONNECT:

.....

Notes:

**PREPARE:**

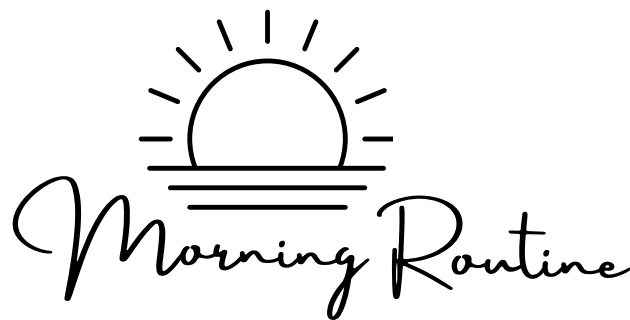
**PREPARE:**

WATER:



# GRATITUDE

Learn more about gratitude here @blackriverpm.com



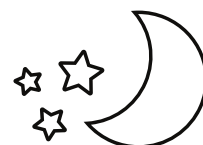
✓ INTENTION FOR THE DAY:

✓ QUOTE OF THE DAY:

✓ DAILY AFFIRMATION:

# Evening Ritual

THINGS THAT HAPPENED:



MY TWO DOMINANT EMOTIONS FOR THE DAY: \_\_\_\_\_

SCREEN TIME REVIEW: \_\_\_\_\_  
Use your phone settings.

CONSUMING vs CREATING: \_\_\_\_\_

Estimate the ratio of how you spent your day, consuming vs creating (ie 60:40).  
Consuming: passive activities such as scrolling, watching, observing, reading, listening.  
Creating = active activities, journaling, writing, painting, building, creating.

## CHECK IN:

Something you learned:

Something that surprised you:

Something you are committed to:

## HOW DID I DO?

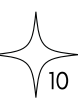
Did I follow my daily intention?

Did I remember my affirmation?

Did I stay true to my core values?



Rate your day:



worst day

best day



M T W T F S S

## PRIORITIZE:

This image shows a full page of primary-ruled paper. It features a vertical solid line on the left side, creating a margin. The rest of the page is filled with horizontal dashed lines, providing a guide for letter height. There are no markings or text on the page.

## REMEMBER:

.....

.....

.....

## CONNECT:

.....

Notes:



**PREPARE:**

WATER:



# GRATITUDE

Learn more about gratitude here @blackriverpm.com



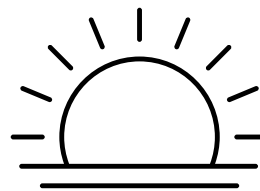
.....

.....

.....

.....

.....



## Morning Routine

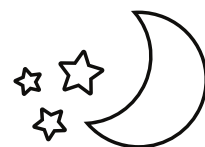
✓ INTENTION FOR THE DAY:

✓ QUOTE OF THE DAY:

✓ DAILY AFFIRMATION:

## Evening Ritual

THINGS THAT HAPPENED:



MY TWO DOMINANT EMOTIONS FOR THE DAY: .....

SCREEN TIME REVIEW: .....  
Use your phone settings.

CONSUMING vs CREATING: .....

Estimate the ratio of how you spent your day, consuming vs creating (ie 60:40).  
Consuming: passive activities such as scrolling, watching, observing, reading, listening.  
Creating = active activities, journaling, writing, painting, building, creating.

### CHECK IN:

Something you learned:

Something that surprised you:

Something you are committed to:

### HOW DID I DO?

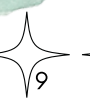
Did I follow my daily intention?

Did I remember my affirmation?

Did I stay true to my core values?



Rate your day:



worst day

best day



M T W T F S S

## PRIORITIZE:

This image shows a full page of primary-ruled paper. It features a vertical solid line on the left side, creating a margin. The rest of the page is filled with horizontal dashed lines, providing a guide for letter height and placement. There are no markings or text on the page.

## REMEMBER:

.....

.....

.....

## CONNECT:

.....

Notes:



**PREPARE:**

WATER:



# GRATITUDE

Learn more about gratitude here @blackriverpm.com



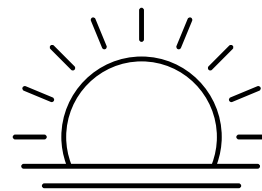
.....

.....

.....

.....

.....



## Morning Routine

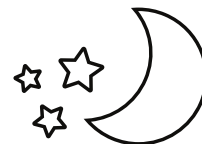
✓ INTENTION FOR THE DAY:

✓ QUOTE OF THE DAY:

✓ DAILY AFFIRMATION:

## Evening Ritual

THINGS THAT HAPPENED:



MY TWO DOMINANT EMOTIONS FOR THE DAY: .....

SCREEN TIME REVIEW: .....  
Use your phone settings.

CONSUMING vs CREATING: .....

Estimate the ratio of how you spent your day, consuming vs creating (ie 60:40).  
Consuming: passive activities such as scrolling, watching, observing, reading, listening.  
Creating = active activities, journaling, writing, painting, building, creating.

### CHECK IN:

Something you learned:

Something that surprised you:

Something you are committed to:

### HOW DID I DO?





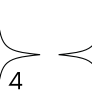
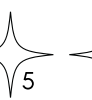




Did I follow my daily intention?

Did I remember my affirmation?

Did I stay true to my core values?



Rate your day:

worst day best day



BLACK RIVER

DATE:

M T W T F S S

## PRIORITIZE:

[illegible]

---

---

---

---

---

---

---

.....

Notes:

WATER:



# GRATITUDE

Learn more about gratitude here @blackriverpm.com



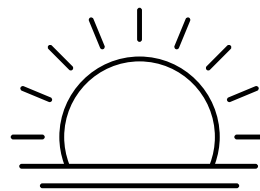
.....

.....

.....

.....

.....



## Morning Routine

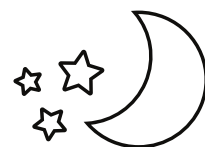
✓ INTENTION FOR THE DAY:

✓ QUOTE OF THE DAY:

✓ DAILY AFFIRMATION:

## Evening Ritual

THINGS THAT HAPPENED:



**MY TWO DOMINANT EMOTIONS FOR THE DAY:** .....

**SCREEN TIME REVIEW:** .....  
Use your phone settings.

**CONSUMING vs CREATING:** .....

Estimate the ratio of how you spent your day, consuming vs creating (ie 60:40).  
Consuming: passive activities such as scrolling, watching, observing, reading, listening.  
Creating = active activities, journaling, writing, painting, building, creating.

### CHECK IN:

Something you learned:

Something that surprised you:

Something you are committed to:

### HOW DID I DO?

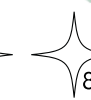
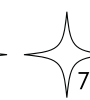
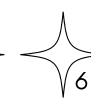
Did I follow my daily intention?

Did I remember my affirmation?

Did I stay true to my core values?



Rate your day:



worst day

best day



M T W T F S S

# Today's Plan

## SCHEDULE:

[illegible]

## PRIORITIZE:

---

---

---

---

## REMEMBER:

---

---

---

## CONNECT:

.....

Notes:

**PREPARE:**

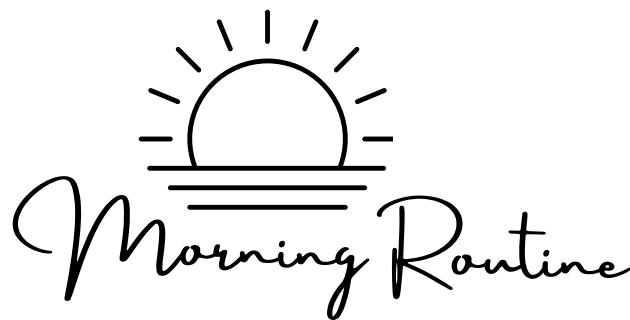
**PREPARE:**

WATER:



# GRATITUDE

Learn more about gratitude here @blackriverpm.com



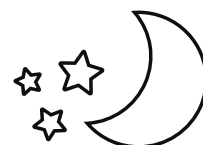
✓ INTENTION FOR THE DAY:

✓ QUOTE OF THE DAY:

✓ DAILY AFFIRMATION:

# Evening Ritual

THINGS THAT HAPPENED:



MY TWO DOMINANT EMOTIONS FOR THE DAY: \_\_\_\_\_

SCREEN TIME REVIEW: \_\_\_\_\_  
Use your phone settings.

CONSUMING vs CREATING: \_\_\_\_\_

Estimate the ratio of how you spent your day, consuming vs creating (ie 60:40).  
Consuming: passive activities such as scrolling, watching, observing, reading, listening.  
Creating = active activities, journaling, writing, painting, building, creating.

## CHECK IN:

Something you learned:

Something that surprised you:

Something you are committed to:

## HOW DID I DO?

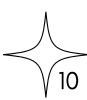
Did I follow my daily intention?

Did I remember my affirmation?

Did I stay true to my core values?



Rate your day:



worst day

best day



M T W T F S S

# Today's Plan

## SCHEDULE:

[illegible]

## PRIORITIZE:

---

---

---

---

## REMEMBER:

---

---

---

## CONNECT:

.....

Notes:

**PREPARE:**

**PREPARE:**

WATER:



# GRATITUDE

Learn more about gratitude here @blackriverpm.com



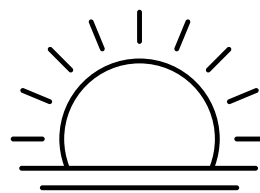
.....

.....

.....

.....

.....



## Morning Routine

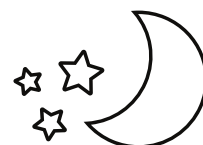
✓ INTENTION FOR THE DAY:

✓ QUOTE OF THE DAY:

✓ DAILY AFFIRMATION:

## Evening Ritual

THINGS THAT HAPPENED:



MY TWO DOMINANT EMOTIONS FOR THE DAY: .....

SCREEN TIME REVIEW: .....  
Use your phone settings.

CONSUMING vs CREATING: .....

Estimate the ratio of how you spent your day, consuming vs creating (ie 60:40).  
Consuming: passive activities such as scrolling, watching, observing, reading, listening.  
Creating = active activities, journaling, writing, painting, building, creating.

### CHECK IN:

Something you learned:

Something that surprised you:

Something you are committed to:

### HOW DID I DO?

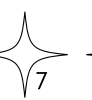
Did I follow my daily intention?

Did I remember my affirmation?

Did I stay true to my core values?



Rate your day:



worst day

best day



M T W T F S S

## PRIORITIZE:

This image shows a full page of primary-ruled paper. It features a vertical solid line on the left side, creating a margin. The rest of the page is filled with horizontal dashed lines, providing a guide for letter height. There are no markings or text on the page.

## REMEMBER:

.....

.....

.....

## CONNECT:

```

#####

```

Notes:



**PREPARE:**

WATER:



# GRATITUDE

Learn more about gratitude here @blackriverpm.com



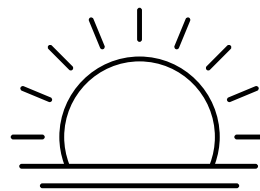
.....

.....

.....

.....

.....



## Morning Routine

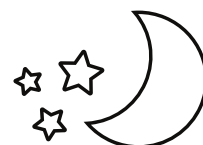
✓ INTENTION FOR THE DAY:

✓ QUOTE OF THE DAY:

✓ DAILY AFFIRMATION:

## Evening Ritual

THINGS THAT HAPPENED:



**MY TWO DOMINANT EMOTIONS FOR THE DAY:** .....

**SCREEN TIME REVIEW:** .....  
Use your phone settings.

**CONSUMING vs CREATING:** .....

Estimate the ratio of how you spent your day, consuming vs creating (ie 60:40).  
Consuming: passive activities such as scrolling, watching, observing, reading, listening.  
Creating = active activities, journaling, writing, painting, building, creating.

### CHECK IN:

Something you learned:

Something that surprised you:

Something you are committed to:

### HOW DID I DO?

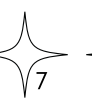
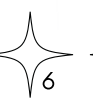
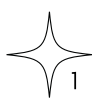
Did I follow my daily intention?

Did I remember my affirmation?

Did I stay true to my core values?



Rate your day:



worst day

best day



# Today's Plan

M T W T F S S

[illegible]

---

---

---

---

.....

.....

.....

.....

.....

Notes:

**PREPARE:**



BLACKRIVERPM.COM

# GRATITUDE

Learn more about gratitude here @blackriverpm.com



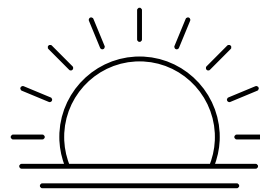
.....

.....

.....

.....

.....



## Morning Routine

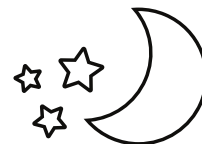
✓ INTENTION FOR THE DAY:

✓ QUOTE OF THE DAY:

✓ DAILY AFFIRMATION:

## Evening Ritual

THINGS THAT HAPPENED:



**MY TWO DOMINANT EMOTIONS FOR THE DAY:** .....

**SCREEN TIME REVIEW:** .....  
Use your phone settings.

**CONSUMING vs CREATING:** .....

Estimate the ratio of how you spent your day, consuming vs creating (ie 60:40).  
Consuming: passive activities such as scrolling, watching, observing, reading, listening.  
Creating = active activities, journaling, writing, painting, building, creating.

### CHECK IN:

Something you learned:

Something that surprised you:

Something you are committed to:

### HOW DID I DO?

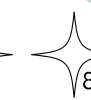
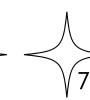
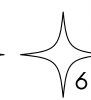
Did I follow my daily intention?

Did I remember my affirmation?

Did I stay true to my core values?



Rate your day:



worst day

best day



M T W T F S S

# Today's Plan

## SCHEDULE:

[illegible]

## PRIORITIZE:

---

---

---

---

## REMEMBER:

.....

.....

.....

.....

## CONNECT:

.....

Notes:

**PREPARE:**

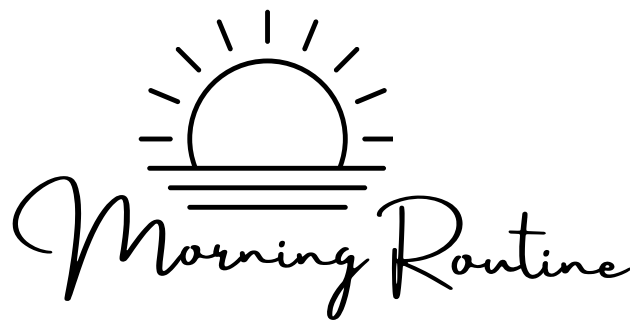
**PREPARE:**

WATER:



# GRATITUDE

Learn more about gratitude here @blackriverpm.com



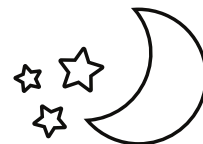
✓ INTENTION FOR THE DAY:

✓ QUOTE OF THE DAY:

✓ DAILY AFFIRMATION:

# Evening Ritual

THINGS THAT HAPPENED:



MY TWO DOMINANT EMOTIONS FOR THE DAY: \_\_\_\_\_

SCREEN TIME REVIEW: \_\_\_\_\_  
Use your phone settings.

CONSUMING vs CREATING: \_\_\_\_\_

Estimate the ratio of how you spent your day, consuming vs creating (ie 60:40).  
Consuming: passive activities such as scrolling, watching, observing, reading, listening.  
Creating = active activities, journaling, writing, painting, building, creating.

## CHECK IN:

Something you learned:

Something that surprised you:

Something you are committed to:

## HOW DID I DO?

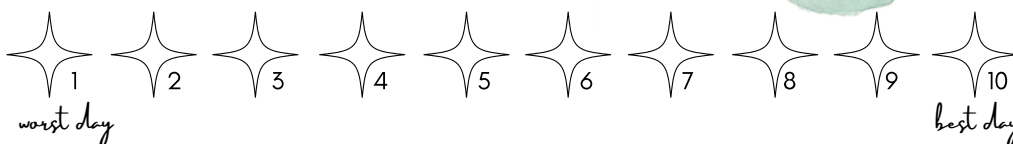
Did I follow my daily intention?

Did I remember my affirmation?

Did I stay true to my core values?



Rate your day:





M T W T F S S

# Today's Plan

## SCHEDULE:

This image shows a full page of primary-ruled paper. It features a series of horizontal dashed lines spaced evenly down the page. A single vertical dotted line runs along the left side, creating a narrow margin. The rest of the page is blank white space.

## PRIORITIZE:

[illegible]

## REMEMBER:

---

---

---

## CONNECT:

.....

Notes:

**PREPARE:**

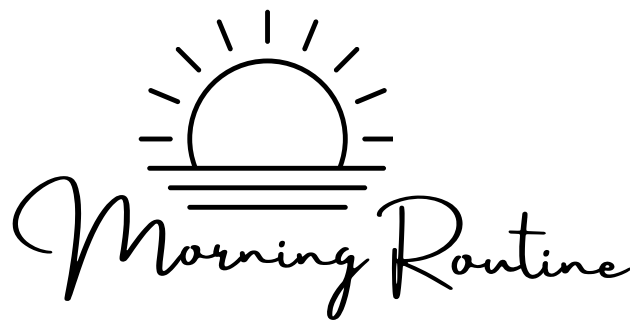
**PREPARE:**

WATER:



# GRATITUDE

Learn more about gratitude here @blackriverpm.com



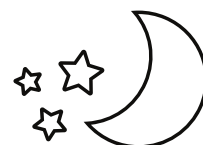
✓ INTENTION FOR THE DAY:

✓ QUOTE OF THE DAY:

✓ DAILY AFFIRMATION:

# Evening Ritual

THINGS THAT HAPPENED:



MY TWO DOMINANT EMOTIONS FOR THE DAY: \_\_\_\_\_

SCREEN TIME REVIEW: \_\_\_\_\_  
Use your phone settings.

CONSUMING vs CREATING: \_\_\_\_\_

Estimate the ratio of how you spent your day, consuming vs creating (ie 60:40).  
Consuming: passive activities such as scrolling, watching, observing, reading, listening.  
Creating = active activities, journaling, writing, painting, building, creating.

## CHECK IN:

Something you learned:

Something that surprised you:

Something you are committed to:

## HOW DID I DO?

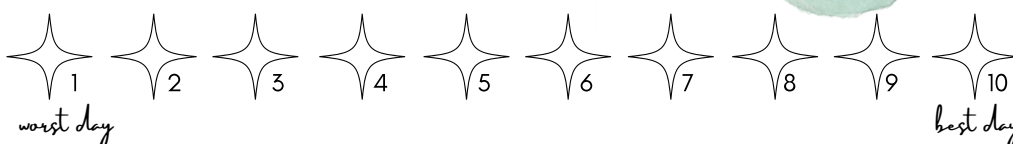
Did I follow my daily intention?

Did I remember my affirmation?

Did I stay true to my core values?



Rate your day:





M T W T F S S

## SCHEDULE:

This image shows a full page of primary-ruled paper. It features a series of horizontal dashed lines spaced evenly down the page. A single vertical dotted line runs along the left side, creating a narrow margin. The rest of the page is white and contains no other markings or text.

## PRIORITIZE:

---

---

---

---

## REMEMBER:

---

---

---

## CONNECT:

.....

Notes:

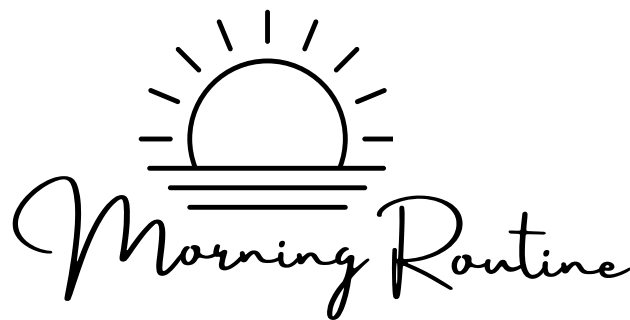
**PREPARE:**

WATER:



# GRATITUDE

Learn more about gratitude here @blackriverpm.com



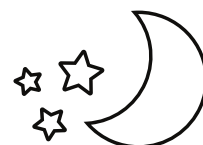
✓ INTENTION FOR THE DAY:

✓ QUOTE OF THE DAY:

✓ DAILY AFFIRMATION:

# Evening Ritual

THINGS THAT HAPPENED:



MY TWO DOMINANT EMOTIONS FOR THE DAY: \_\_\_\_\_

SCREEN TIME REVIEW: \_\_\_\_\_  
Use your phone settings.

CONSUMING vs CREATING: \_\_\_\_\_

Estimate the ratio of how you spent your day, consuming vs creating (ie 60:40).  
Consuming: passive activities such as scrolling, watching, observing, reading, listening.  
Creating = active activities, journaling, writing, painting, building, creating.

## CHECK IN:

Something you learned:

Something that surprised you:

Something you are committed to:

## HOW DID I DO?

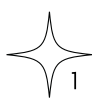
Did I follow my daily intention?

Did I remember my affirmation?

Did I stay true to my core values?



Rate your day:



worst day

best day

# Monthly



*fuel the human spirit*

CORPORATE CONSULTING & EXECUTIVE COACHING EXPERTS

[WWW.BLACKRIVERPM.COM](http://WWW.BLACKRIVERPM.COM)



# Habit Journal



## MORNING ROUTINE

Read a daily affirmation

-----

-----

-----

-----

-----

M T W T F S S

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## HEALTH + WELLNESS

Move my body, 30 minutes

-----

-----

-----

-----

-----

M T W T F S S

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## SELF-CARE + WELLBEING

Thought monitor/learn more about mind control, 10 mins

-----

-----

-----

-----

-----

M T W T F S S

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## EVENING ROUTINE

Self check-in: did I live my core values?

-----

-----

-----

-----

-----

M T W T F S S

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

"In a nutshell, your health, wealth, happiness, fitness and success depend on your habits."

Joanna Jast

# Self Care Reflection

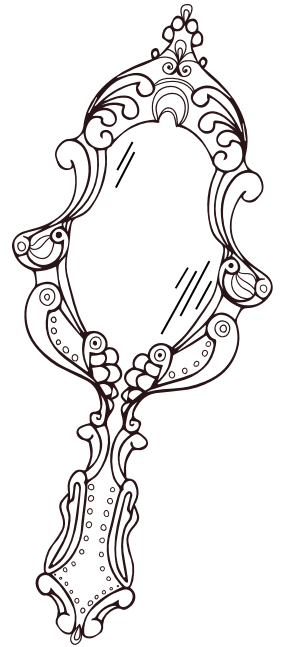
## HOW DO YOU BUDGET YOUR RESOURCES?

### Internal Self Care Examples:

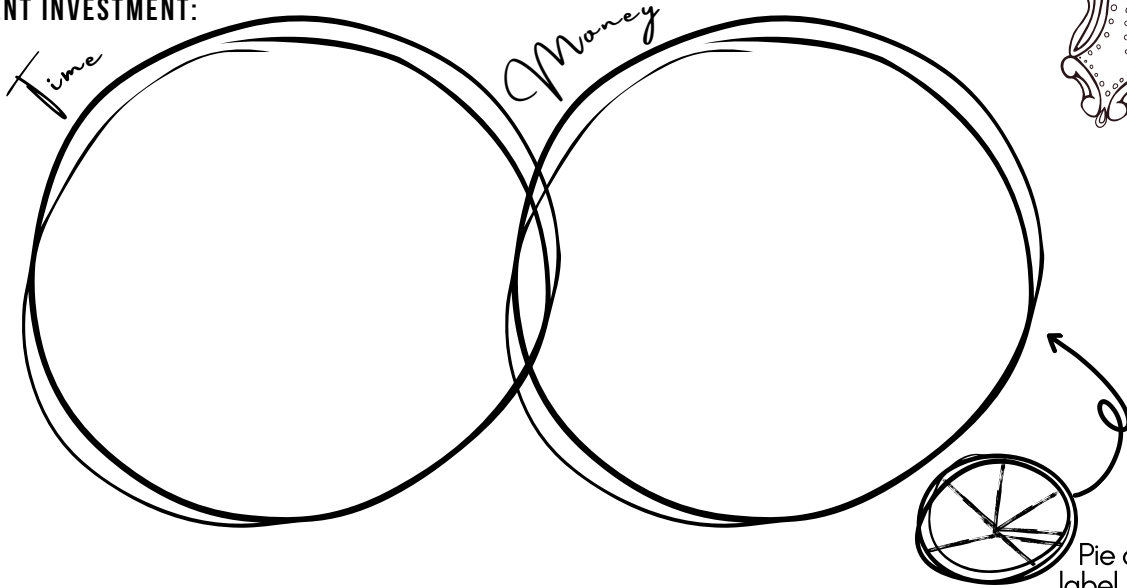
Education, modules, workshops, coaching, counseling, therapy, church, podcasts, self-help books, Ted Talks, mentoring, cultivating meaningful relationships, retreats, book club, writing, journaling, painting, art, music, meditation, prayer, spiritual growth, volunteering

### External Self Care Examples:

Hair, nails, lashes, facials, massage, tanning, spa treatments, products, makeup, personal training, gym memberships, brand name clothing and accessories, jewelry, weight loss products, scrolling social media, music



### CURRENT INVESTMENT:

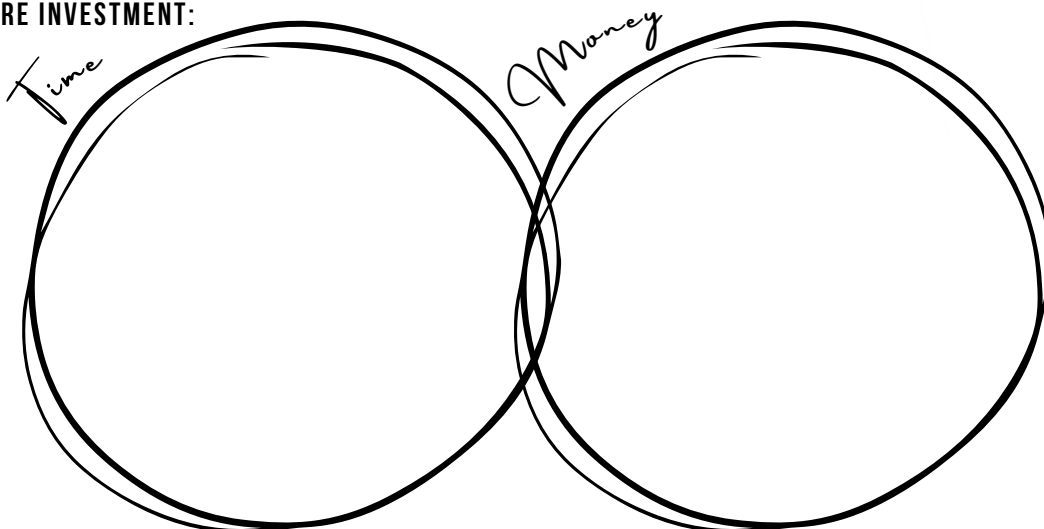


## HOW IS YOUR SELF-CARE BUDGET PRIORITIZED CURRENTLY?

Where are your biggest time and money spends...Your appearance? Your education? Your personal growth?

## IF YOU WERE TO INVEST IN YOUR FUTURE BEST SELF, WHERE WOULD YOU PUT YOUR TIME, MONEY AND YOUR ENERGY?

### FUTURE INVESTMENT:



## HOW DOES YOUR CURRENT ALLOCATION OF RESOURCES NEED TO CHANGE?

# Core Values

Values are aspirational. They point the way to who you want to become. It's not about perfection; it's about progress and pursuit! Share your values with those closest to you and with your self awareness buddy! Create your own branded Core Values list:

## YOUR CORE VALUES WORKSHEET

CORE VALUE #1: .....

What this means to me:

How will you live this in your day-to-day life?:

CORE VALUE #2: .....

What this means to me:

How will you live this in your day-to-day life?:

CORE VALUE #3: .....

What this means to me:

How will you live this in your day-to-day life?:

CORE VALUE #4: .....

What this means to me:

How will you live this in your day-to-day life?:

CORE VALUE #5: .....

What this means to me:

How will you live this in your day-to-day life?:

*Examples:*

honesty  
wisdom  
humanity  
love  
leadership  
kindness  
justice  
friendship  
humor  
joy  
humility  
prudence  
curiosity  
bravery  
creativity  
accomplishment  
courage  
positivity  
beauty  
forgiveness  
spirituality  
teamwork  
education  
#googleit

"Define your priorities, know your values and believe in your purpose. Only then can you effectively share yourself with others."

*Les Brown*

# Self-Leadership

Answer these two questions as they relate to your own self-leadership. Once you have completed this exercise, review it daily and reflect on how well you lived out your core values. This is a daily practice. You won't always get it right, but be aware of how it affects you when you don't live out your values.



## 1. What values will I choose to govern myself?

(use the values you established in the previous activity)

---

---

---

---

---

## 2. What values will I choose to relate to other people?

(for example: compassionate, kind, respectful, humor, joy)

This is how you will treat other people - How many people do you know who define how they will *choose* to treat others? Do they just react to their environment and circumstances or are they intentional? Do they stand for something or fall for everything?

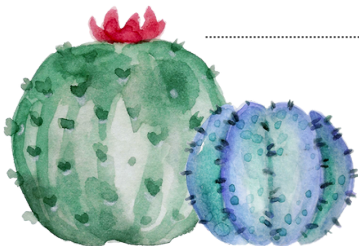
---

---

---

---

---



*Self-Leadership is:*

SELF-AWARENESS OF PERSONAL VALUES | INTENTIONS  
AND BEHAVIOR | PERSONAL PERSPECTIVE

# Overwhelm...

Anytime you feel overwhelmed or stressed, write it all down. Do a thought download or brain dump so that you can get it all out. Then highlight what you actually need to do today.



# Trigger Journal

Use this anytime you are triggered.  
Remember, your thoughts  
create your emotions.

EVENT OR CIRCUMSTANCE (NEUTRAL): \_\_\_\_\_

THOUGHTS ABOUT THE EVENT OR CIRCUMSTANCE: \_\_\_\_\_

\_\_\_\_\_

FEELINGS OR EMOTIONS ABOUT THE EVENT OR CIRCUMSTANCE: \_\_\_\_\_

\_\_\_\_\_

WHAT WAS YOUR BEHAVIOR IN THE EVENT OR CIRCUMSTANCE? \_\_\_\_\_

\_\_\_\_\_

WHAT WAS THE OUTCOME? \_\_\_\_\_

\_\_\_\_\_

HOW COULD YOU REFRAME YOUR THOUGHTS ABOUT THE EVENT OR CIRCUMSTANCE? \_\_\_\_\_

\_\_\_\_\_

WHAT FEELINGS OR EMOTIONS DO YOU WANT TO HAVE ABOUT THIS EVENT OR CIRCUMSTANCE? \_\_\_\_\_

\_\_\_\_\_

HOW WILL YOU BEHAVE IN SIMILAR SITUATIONS MOVING FORWARD? \_\_\_\_\_

\_\_\_\_\_

WHAT IS THE OUTCOME YOU WANT? \_\_\_\_\_

\_\_\_\_\_

WHAT TYPES OF THOUGHTS WILL CREATE THE FEELINGS YOU WANT TO HAVE? \_\_\_\_\_

\_\_\_\_\_

**LIFE WILL PRESENT YOU WITH PEOPLE AND CIRCUMSTANCES TO  
REVEAL WHERE YOU'RE NOT FREE.**

*Peter Crome*





# Resources

*fuel the human spirit*

CORPORATE CONSULTING & EXECUTIVE COACHING EXPERTS

[WWW.BLACKRIVERPM.COM](http://WWW.BLACKRIVERPM.COM)



# Self Awareness Resources:

ALL OF THESE ASSESSMENTS ARE WAYS TO GAIN MORE SELF AWARENESS



The Center for Internet and Technology Addiction  
<https://virtual-addiction.com/smartphone-compulsion-test/>



Are you a Giver, a Taker, or a Matcher?  
<https://www.adamgrant.net/quizzes/give-and-take-quiz/>  
Book: Give & Take



How Self-Aware are you?  
<https://www.insight-book.com/quiz>  
Book: Insight



How Self-Compassionate are you?  
<https://self-compassion.org/self-compassion-test/>



How well can you describe your emotions and your experiences?  
Book: Atlas of the Heart



What is FUN for you?  
<https://cdn.heleo.com/wp-content/uploads/2021/12/24114528/Fun-Compatibility-Quiz.pdf>  
Book: The Power of Fun



Other EQ Resources:  
<https://blackriverpm.com/eq-emotional-intelligence/>



## Reflections:

**TED TALK 1** - watch and reflect on what you are currently doing and what choices you want to make to create a life you love?

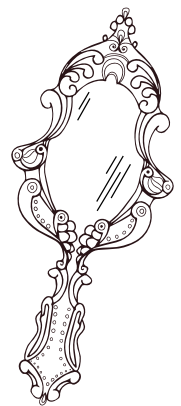
**What makes a good life? Lessons from the longest study on happiness.**

[https://www.ted.com/talks/robert\\_waldinger\\_what\\_makes\\_a\\_good\\_life\\_lessons\\_from\\_the\\_longest\\_study\\_on\\_happiness?language=en](https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness?language=en)

**TED Talk 2** - watch and reflect on how you will gain more self awareness by asking people who love and support you reflect to you your blind spots.

**Tasha Eurich: Increase your self-awareness with one simple fix | TED Talk**

[https://www.ted.com/talks/tasha\\_eurich\\_increase\\_your\\_self\\_awareness\\_with\\_one\\_simple\\_fix?language=en](https://www.ted.com/talks/tasha_eurich_increase_your_self_awareness_with_one_simple_fix?language=en)



*fuel the human spirit*

CORPORATE CONSULTING & EXECUTIVE COACHING EXPERTS

[WWW.BLACKRIVERPM.COM](http://WWW.BLACKRIVERPM.COM)

