

INNER PEACE INSIGHT JOURNAL

Committing to Calm - week two

TODAY'S INSPIRATION

"Everything that happens in the universe starts with intention."

- Deepak Chopra

MORNING

My overall *feeling* goal for the day is...

Three major segments of my day (a) + how I usually feel (b) + how I intend to feel (c).

1a. _____

1b. _____

1c. _____

2a. _____

2b. _____

2c. _____

3a. _____

3b. _____

3c. _____

Anytime I start to feel down today, I will smile and remind myself...

EVENING

Three unexpected blessings that happened to me today...

1. _____

2. _____

3. _____

My biggest success with segment intending today was...

My biggest challenge with segment intending was...

How I will do better tomorrow...

Tomorrow will be an amazing day because...
