

# MORNING MOTIVATION

## *journal*

A DAILY JOURNAL TO GET & KEEP  
YOU MOTIVATED



Health Coach4Life, LLC

[www.healthcoach4life.com](http://www.healthcoach4life.com)

SAMPLE

welcome friend!

Ready to be motivated every day?

Of course you are, it's why you invested in yourself and purchased the Morning Motivation Journal.

Maybe you already dove in and started your morning entries (go you!) or maybe you first want to hear the heart behind this journal. If that's the case, then read on because I wrote this for you.

I was never one to journal daily. I could never think of what to write and saw no benefit of just writing to write. It wasn't until I was introduced to more formatted journaling that I began to enjoy it, even look forward to it. However, the journal I was using still seemed to lack something for me and left me wanting more.

Most mornings I feel a great sense of motivation. I feel confident and ready to tackle the day. When I took the time to break down what I do to create that daily motivation I clearly saw 5 areas that I am mindful of:

- Gratitude
- Priorities
- Positive Self Talk
- Self Care
- Goals

First and foremost, I believe in the power of gratitude. It's the mental shift I need every day to see what I do have-no matter how big or how small. This act of listing 5 things I am grateful for not only helps me set my heart right every morning, but I find myself looking for things to be grateful for during my day. Yes, walking around with an attitude of gratitude all day!

How often do you get to the end of the day and feel you did not accomplish anything? It's not that you did nothing, but maybe you didn't take the time to define what is *most* important to accomplish. Setting my priorities for the day and limiting them to 4 really makes me have to define what's most important that day.

Think about the last time you said something you appreciate about yourself. Most people I work with are struggling with negative self talk and can't remember. I was one of those people for so long. We know the power of gratitude, but we usually don't focus on ourselves in this area. However, gratitude and appreciation for self is just as powerful as gratitude for what's around you.

You may notice I did not word this "things I /love about myself". Why? You may love things about yourself and want to use this section with that in mind, but most people are far from loving themselves. Starting with 3 appreciations is easier and you are less likely to fight it internally. Trust your coach here. ♡

I know when we hear the word nourishment we automatically think about food. And while food is absolutely nourishing to our body, it's not the only way we can nourish ourselves. Nourishment might be hitting that water goal, taking a bubble bath, taking a walk during your lunch break, or turning off electronics an hour before bed.

Nourishing your body in these 2 ways is a way to fit those pieces of self care in everyday. You don't have to save self care for the weekend or for big things like a massage.

Lastly, to stay motivated I stay focused. I focus on my priorities that I set, but I also like to focus on something big...something audacious! This 1 goal is not something that happens overnight or even in the course of a week (though it could!), but it's something so big you are working toward it. You can see it, but it's not in your grasp yet.

Maybe it's cleaning out your garage to park both cars. Or maybe you want to start a new business. It could be an international trip or adopting a child. It's your big audacious goal. It's a goal you will write over and over again every day until you achieve it, or as it sometimes goes, your focus shifts.

Here's to starting each and every day motivated!

Hey, maybe you will even begin to look forward to every morning like me. Yes, even Monday mornings! *Ok, I could be pushing it here!*

Happy Mornings!

With gratitude,

*jen*

Today is:

Sample

5

**I AM GRATEFUL FOR...**

getting a good night of sleep  
laughing with my kids last night after dinner  
completing my project at work on time  
having someone I can talk to when I am frustrated  
the beautiful sunrise

4

**MY PRIORITIES FOR TODAY ARE...**

get the kids to school on time  
clean the kitchen after dinner  
read my book for 20 minutes  
plan out meals for the week

3

**THINGS I APPRECIATE ABOUT MYSELF...**

I am a good listener  
I work hard  
I can do a gorgeous winged eyeliner!

2

**WAYS I WILL NOURISH MY BODY TODAY...**

drink 80 oz of water  
take a bubble bath before bed

1

**MY BIG AUDACIOUS GOAL I AM FOCUSED ON**

cleaning out my garage to park both cars in

*Today is:*

**5**

**I AM GRATEFUL FOR...**

**4**

**MY PRIORITIES FOR TODAY ARE...**

**3**

**THINGS I APPRECIATE ABOUT MYSELF...**

**2**

**WAYS I WILL NOURISH MY BODY TODAY...**

**1**

**MY BIG AUDACIOUS GOAL I AM FOCUSED ON**