

THE CABIN MINDSET  
DAILY JOURNAL

Date: \_\_\_\_\_

Today's Mantra: \_\_\_\_\_

Today, I am grateful for:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_  
\_\_\_\_\_

I am looking forward to:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_  
\_\_\_\_\_

Three things that I love about myself:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_  
\_\_\_\_\_

Priority 1: \_\_\_\_\_

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Priority 2: \_\_\_\_\_

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Priority 3: \_\_\_\_\_

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Miscellaneous Tasks:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

My Word of the Day is: \_\_\_\_\_

SCHEDULE:

8:00-8:30	_____
8:30-9:00	_____
9:00-9:30	_____
9:30-10:00	_____
10:00-10:30	_____
10:30-11:00	_____
11:00-11:30	_____
11:30-12:00	_____
12:00-12:30	_____
12:30-1:00	_____
1:00-1:30	_____
1:30-2:00	_____
2:00-2:30	_____
2:30-3:00	_____
3:00-3:30	_____
3:30-4:00	_____
4:00-4:30	_____
4:30-5:00	_____

HOURLY WORK OUT OF THE DAY:

_____	
8:00	_____
9:00	_____
10:00	_____
11:00	_____
12:00	_____
1:00	_____
2:00	_____
3:00	_____
4:00	_____

Other Wellness Plans:

REFLECTION

Things I did Awesomely Today:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

\_\_\_\_\_

Things I will Improve Tomorrow:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

\_\_\_\_\_

NOTES

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