

THE

Dream

FUEL

MORNING JOURNAL

DATE: _____

S M T W T H F S A

MY MIND DETOX

I'M CURRENTLY FEELING
(ONE WORD)

MY THOUGHTS CREATING
THIS FEELING:

MY DESIRED FEELING
(ONE WORD)

MY THOUGHTS TO PRACTICE
TO THIS FEELING:

ACTIVATING MY FUTURE SELF

30-day DREAM GOAL:

I'LL SHOW UP FOR MY DREAM GOAL
TODAY BY:

-
-
-
-

I'LL SHOW UP ON PURPOSE WITH MY
LOOKS BY:

I'LL UPGRADE/ENHANCE MY
SURROUNDINGS BY:

I'LL HONOUR MYSELF TODAY BY:

I AM AFFIRMATION:

TODAY, I'M GRATEFUL FOR:



