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Dreamscape



Date

Upon waking up. Fill this page with what you recollect from the night. Note down impressions, note your associations. Notice the feeling you now have then. Set this aside for the day. Use this as a mirror.





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Date








Start by writing down the very first thing coming to your mind. Take it from there. Go easy. Be true. Go along wherever it leads you. This is for no one but you. There is no right, not wrong. Use this as a key.



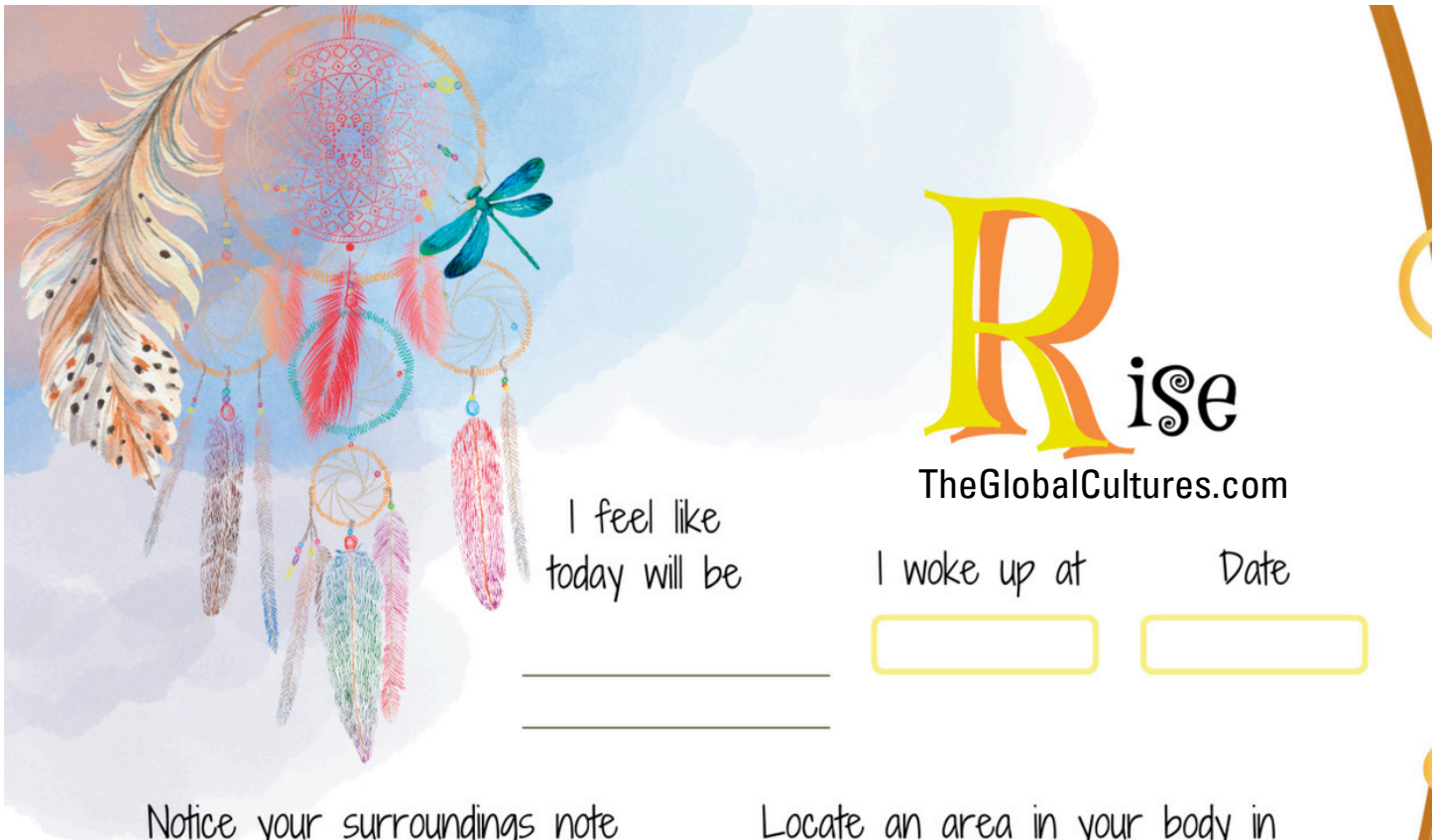
Daily mood

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-  _____
-  _____
-  _____
-  _____
-  _____



A moment to remember



Rise

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I feel like today will be

I woke up at

Date

Notice your surroundings note down one thing you can hear:

Locate an area in your body in need of the most care today:

Set an intention for the day. a mindset, a mantra, a reminder:

Planned for today:

And I will start with:

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





Mindfulness

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To think in terms of either pessimism or optimism oversimplifies the truth. The problem is to see reality as it is.

-Thich Nhất Hạnh



E_nvision

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[Light green rounded rectangular box]

Date

[Large white rounded rectangular box for Core Idea]

Core Idea

[Large white rounded rectangular box for Pro]

Pro



Contra



Attention
Energy
Budget
Time

None	Little	Much
<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"/>

Necessary Spendings

[Large white rounded rectangular box for Brainstorm]

Brainstorm



R Relax

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Date

Time to sleep

Story like to remember

Story like to forget

My day in three sentences

Before bed checklist

- _____
- _____
- _____
- _____
- _____
- _____
- _____

In bed checklist

- _____
- _____
- _____
- _____
- My phone is out of reach
- I allow my self to rest



