



# JOURNAL:

## DAILY QUESTIONS

*To put the world right in order, we must first put the nation in order;  
To put the nation in order, we must first put the family in order,  
To put the family in order, we must first cultivate our personal life;  
we must first set our hearts right. ~Confucius*

### *Morning Intention*

### *Evening Reflection*

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What am I grateful for right now?

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What is the most important thing I accomplished today?

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What am I most excited about today?

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What did I do to enjoy life with and show love to my family?

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What is the most important thing I must accomplish?  
And how can I most easily achieve it?

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What could I have spent *less* time doing?

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What do I plan to spend money on today?

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What should I have spent *more* time doing?

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What does my schedule for today look like?  
And how can I most easily stick to it?

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What did I do today that I am especially proud of?

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What did I spend money on today?

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What do I want to remember from today?

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What happened today that I am grateful for?