

1. IDENTITY: Who am I?

---

---

---

2. VALUES: What's most important to me?

---

---

---

3. INTENTIONS: How do I want to be remembered?

---

---

---

4. GOALS: What are my top three goals for this year?

---

---

---

5. CONFRONTATION: What is the single recurring challenge in my life?

---

---

---

6. DECLARATION: What instructions do I want to send to the universe?

---

---

---

7. DAY PLAN: What's my agenda for today?

---

---

---

*Give yourself time before you give yourself away.*

- Dee Marshall

## Good Night Life Work - Reflections

Date \_\_\_\_\_

1. What scripture guided me today?

---

---

2. What am I most grateful for about today?

---

---

3. What did I learn about myself today?

---

---

4. Who/what inspired me today?

---

---

5. What do I want to remember about today?

---

---

6. What one word describes my day?

---

---

7. What was the highlight of my day?

---

---

8. How can I be better tomorrow?

---

---

*Do not merely listen to the word, do what it says or else you are fooling yourself.*

- James 1:22