



BY SPRING DAVISON

Your Morning Journal

Hot flashes, memory lapses, brain farts, and wisdom lines...
all a part of daily life!





Welcome

GLAD TO HAVE YOU ONBOARD!

This journal is meant to help you get your day started! You can print it on paper, or use it digitally in an app.

Print the pages over and over or use a blank journal and copy the prompts

Writing things down can be a powerful testimony of your journey and progress. You can also see proof of God's goodness in answered prayers. Humor is also a needed part of life. Write down those funny stories and quotes of your family. Later, you will be glad you did!

Spring Davison



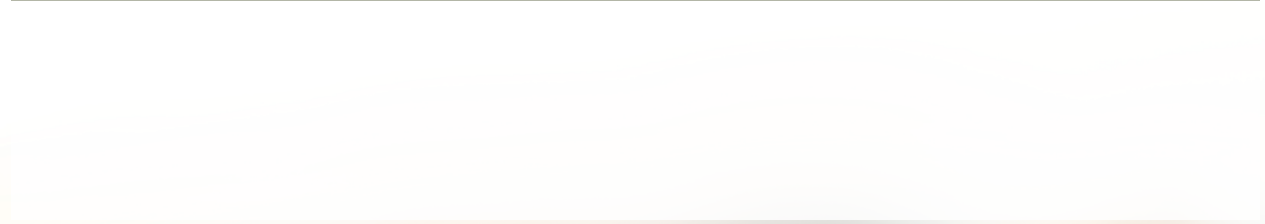
Scripture Focus

Morning Routine

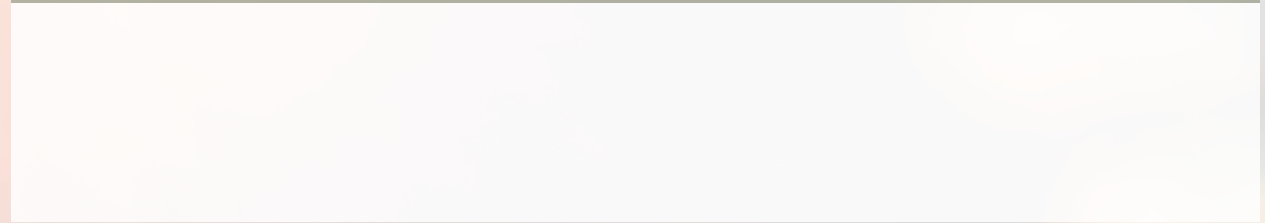
Skin Routine

My thoughts and prayers

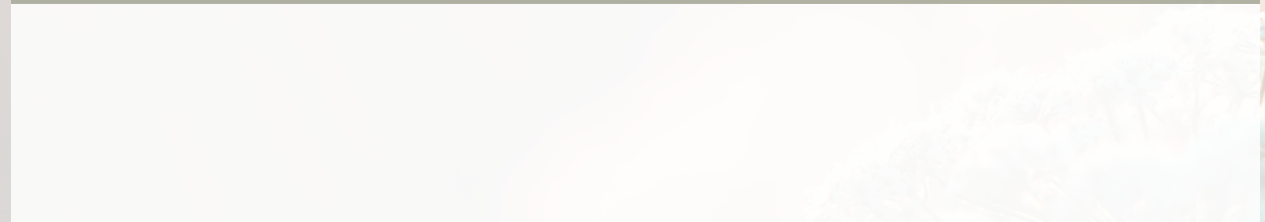
Prompt 1:



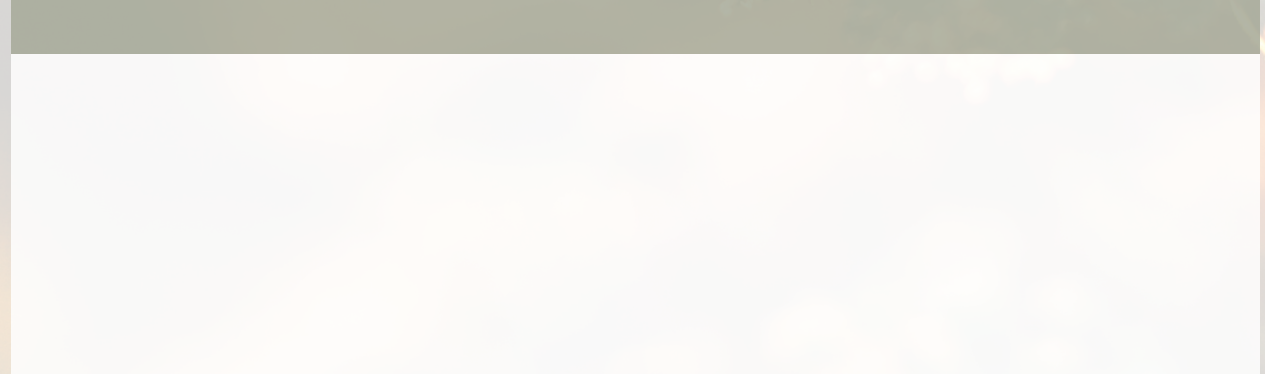
Prompt 2:



Prompt 3:

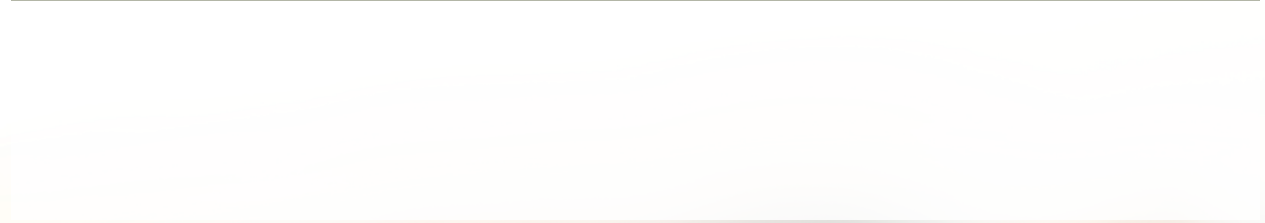


Action Steps:

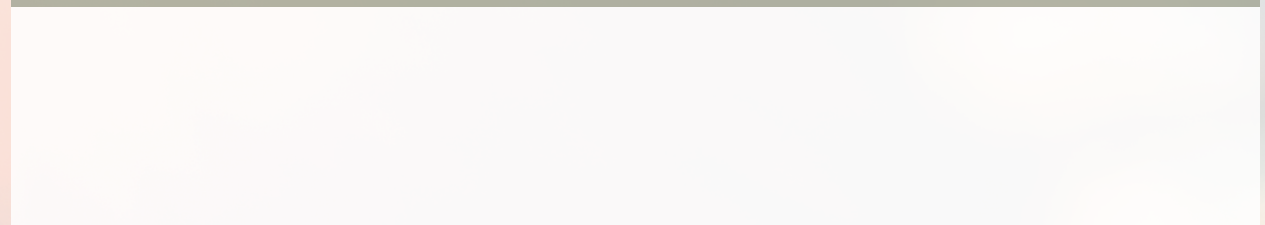


My thoughts and prayers

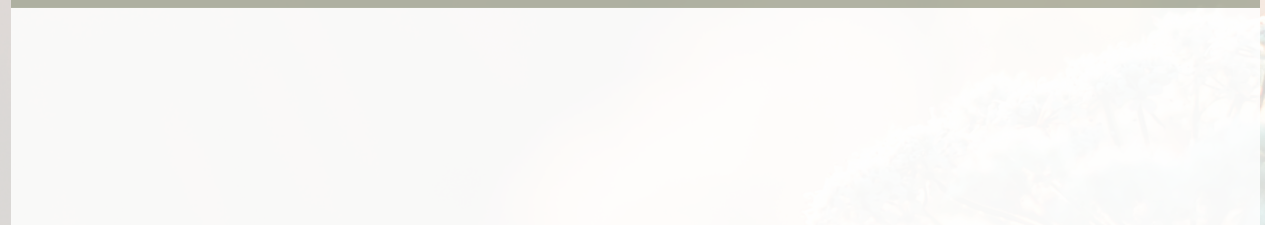
Tips:



Things to Change:



Prayer Focus



People to pray for:

