

**YOUR LIFE  
DESIGNED  
WITH LAURA  
CARROCCI**



# DAILY REFLECTION & INTENTION WORKBOOK

*The doorway to a life well lived swings inward.*

## REFLECTION

*Take a moment to reflect on the day that has been. Consider how you connected with others, worked, ate, moved, cared, loved, how you showed up.*

What were some of the thoughts you had today about your circumstances and daily experience?

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What was your predominate feeling today?

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What did you do well?

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Where did you not meet your expectations? What can you learn from that?

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Were you intentional with your day today?

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# DAILY REFLECTION & INTENTION WORKBOOK

*Intention is everything*

## **INTENTION**

*Look ahead to tomorrow. Consider your schedule and what you have planned.*

What are your 3 priorities tomorrow?

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In order to show up as your best self tomorrow, how do you want to be thinking tomorrow?

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Who are you committed to being tomorrow?

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**lc.**

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