

- How many times this week did you do your morning pages?
- If not 7 out of 7 what was the reason for the missed page(s)
- What adjustments can you make to fill your pages daily?
- How do you feel about Morning Pages?
- Did you discover any new insights during your Morning Pages? What were they and how did they make you feel?

Remember it's best to only look back on pages after 8 weeks. This will help you spot any patterns you may have.

Good luck for this upcoming week.



