DATE

BIG **EVENT** _____ I WILL **MOVE** MY BODY BY _____

WHEN I WOKE UP, **I FELT** _____

YESTERDAY WAS GREAT BECAUSE _____

_____

HOWEVER, THERE WAS ONE PLACE WHERE I COULD HAVE DONE BETTER WITH

WORK/FAMILY/ FRIENDS/ME _____

I WILL **NOURISH** MY BODY BY _____

I AM **GRATEFUL FOR**

1	2	3

A **CONCRETE** WAY I WILL PLUG INTO MY FAMILY TODAY

TOP 3 TASKS I WILL **ACCOMPLISH** TODAY

1 _____

2 _____

3 _____

IN MY _____ TODAY, MY **AFFIRMATION** IS

"I AM _____"

WHEN I **GO TO BED**, I WANT TO KNOW

_____

AND I WANT TO **WAKE UP** TOMORROW FEELING

_____

AND **I CAN** DO THIS IF I

#sparkleandGRIT