

Daily Work

Start Peacefully

Did you complete your morning ritual, including gratitude practice?

Did you plan your top 3 things?

1.

2.

3.

TO DO LIST

Optimise Body

Did you train/move?

Did you fuel your body?

Community

Did you check in on Facebook or with your coach?

Are you staying accountable?

Wins

1.

2.

3.

Family

Did you spend time with your loved ones?

Did you create space to listen to your loved ones and speak in their love languages.

Rate your day

1 2 3 4 5 6 7 8 9 10



Notes/Revelation

