last 90 days

@msrachelhollis @mrdavehollis

5 TO thrive

1. DRINK HALF YOUR BODY WEIGHT IN OUNCES OF *water* EACH DAY
   - FLUSH THE BAD STUFF OUT OF YOUR BODY

2. *wake up* ONE HOUR EARLIER
   - USE THE TIME FOR YOURSELF

3. GIVE UP ONE CATEGORY OF *food* FOR 30 DAYS
   - DON'T BREAK THIS PROMISE TO YOURSELF

4. *move your body* EVERYDAY FOR 30 MINUTES
   - GET YOUR BODY READY TO ACT ON YOUR VISION

5. PRACTICE *gratitude* DAILY
   - SPEND YOUR DAY LOOKING FOR BLESSINGS

"Girl, Stop Apologizing" by Rachel Hollis
-Behavior 5: Foundations for Success page 121-

water

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
OCTOBER																															
NOVEMBER																															■
DECEMBER																															

wake up

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
OCTOBER																															
NOVEMBER																															■
DECEMBER																															

food

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
OCTOBER																															
NOVEMBER																															■
DECEMBER																															

move your body

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
OCTOBER																															
NOVEMBER																															■
DECEMBER																															

gratitude

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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