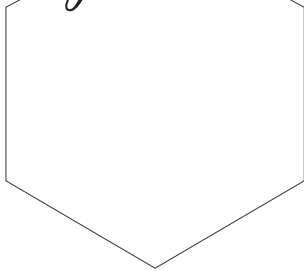


Today is:



I am grateful for:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

My Seven Anchors

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____

My Primary anchor:

- _____
- _____
- _____

3 actions I am going to do NEXT to make forward progress

-
-
-

Notes:

Schedule of *my day*

5 am	
6 am	
7 am	
8 am	
9 am	
10 am	
11 am	
Noon	
1 pm	
2 pm	
3 pm	
4 pm	
5 pm	
6 pm	
7 pm	
8 pm	
9 pm	

To-do *check list*:

Best moment of today:

I strengthened my *body* today by:

I strengthened my *spirit* today by:

I strengthened my *mind* today by:

