

TODAY, I WILL...

MY WORD OF
THE DAY IS...

BY NEXT WEEK, _____
WON'T MATTER, SO I CAN RELAX AND
LET IT GO.

TODAY, I WILL BE HEALTHY BY EATING...

AND DRINKING _____ OUNCES OF
WATER

ONE THING I DON'T HAVE TO WORRY
ABOUT IS...

*Good mornin'
beautiful!*

*Ready to start the day right?
Let's think it, plan it, and
achieve it.*

THE TOP THREE THINGS
ON MY AGENDA ARE:



AT THE END OF THE DAY, I'D LIKE
TO HAVE ACCOMPLISHED...

THE THING I AM MOST LOOKING FOR-
WARD TO IS...

BY TONIGHT, I WANT TO FEEL...

Great job! Now let's rock this day.