

Today is the day that I _____



1 :: *To Do* – Priority Tasks

Keeping my energy + focus on the right stuff.
(Yeah, baby!)

- _____
- _____
- _____
- _____
- _____



3 :: *Gorgeous* Gratitude

What am I appreciative for today?

- _____
- _____
- _____
- _____



5 :: *Foodie* Feel Good

What deliciousness can I put in my body that will be good for my heart *and* soul? (Think: one green juice or green goddess smoothie)

- _____
- _____



2 :: *To Do* – This Week

Needs to get done but can wait.

- _____
- _____
- _____
- _____
- _____



4 :: *Move* My Body

What will I do today to respect my body through exercise? (20 minute walks around the block count!)

- _____
- _____
- _____



6 :: *Big Dreams* Corner

What's your bigger than big dream? Write it here. Not sure? Start with a feeling + let it grow.

- _____
- _____