

*Today* is the day that I



## 1 :: *Ta Da* – Priority Tasks

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



## 2 :: *Ta Da* – This Week

Needs to get done but can wait.



## 3 :: *Gorgeous Gratitude*

What am I appreciative for today?



## 4 :: *Move My Body*

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



## 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)



## 6 :: *Big Dreams* Corner

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