

Today is the day that I



1 :: *To Do* – Priority Tasks

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



2 :: *To Do* – 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.