

Date _____

Su M T W Th Fr Sa



Begin the day with
Gratitude,
Affirmations,
& Goals.

Finish the day in
Review.

Five-Minute Ritual

Affirmations

You're a badass...



Gratitude

Three things that
make you grateful...

Goals, Goddess

Goals to slay
today...



Review

In a few
sentences, review
your day.

