

The book cover features a split design. The left side has a light beige background with a repeating pattern of stylized red flowers and green leaves. A vertical strip of red circular patterns separates this from the right side, which is a solid, textured red color. The title is centered across the middle.

TAKE BACK *your life*

A Journal For Women
Desiring Real Change

Leanne Ely

A decorative floral border surrounds the central text. It features large, stylized flowers in shades of coral and orange with gold glitter patterns on their petals. Interspersed are smaller red and gold flowers, green leaves, and gold seed pods. The border is completed by a continuous line of green, swirling leaf-like motifs.

TAKE BACK *your life*

A Journal For Women Desiring Real Change.

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Leanne Ely
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This
Take Back Your Life Journal
belongs to

Welcome to the Take Back Your Life Journal.

You've acquired this journal because you are interested in a better quality of life, one that will reflect the woman you are becoming, creating, and desiring to be.

This 90-day journal is set up in such a way that you can create new habits, reinforce new behaviors, accomplish your goals, live a life of gratitude and lose the old stuff that has held you back for years.

There is inspiration and structure in this journal to help you grow every way you want to grow – spiritually, mentally, physically, and emotionally, too.

The 90-day format is especially important – it sets the tone for getting things done and taking action.

I found year-long planners to be too long; there's no sense of urgency or ending- it just keeps going till all of a sudden, it's the end of the year and you realize you haven't even looked at your goals or their progress.

Sometimes that means you're pleasantly surprised and other times that means you're frustrated with yourself and the lack of follow-through.

When it comes to planners and journals, I've done them ALL - and one thing I know for sure, if it's complicated and requires a bunch of training, it's not going to get used and will further frustrate you.

That's why I created the Take Back Your Life Journal - to keep it simple, yes, but to also use momentum to its full advantage and to keep goals ever-present. That's the uniqueness of the Take Back Your Life Journal. 😊

90 days is the perfect amount of time to not only get things done or well on their way to being accomplished at the end of the year but to also feel a sense of accomplishment and movement so that you actually stay motivated and inspired to keep the ball progressing down the field.

Here are the components to the Take Back Your Life Journal-

First of all, it's undated and there are no calendars, per se. That's because you need to jump in and not wait for the perfect day- it's just a matter of making a decision to start so the day you get this journal in your hot little hands, is the perfect starting day!

There's room in this journal for you to create your goals- for the next 90 days. 1-year goals, just like 1-year planners/journals, are intimidating and can deflate you before you even begin.

That's not to say that you'll be able to accomplish a big goal in 90 days - but you can break it down to fit the 90 days.

For example, let's say your goal is to lose 50 pounds. 50 pounds in 90 days is too extreme but knowing that you're working in 90-day increments, you can break that down to 12.5 pounds each 90 days to accomplish that in a year's time or, if you're really motivated, you could hit your 50-pound goal in two 90-day cycles, that's 180 days (and 25 pounds each 90 days).

Not only is that doable, but it's easily measurable and will keep you on track! The first thing you're going to do after you establish your Morning and Evening Rituals is set your goals.

Remember, this is goal setting for the next 90 days, 2 goals for each category, that's it. True, you may wish to accomplish more in each category, and you can - you'll just need to wait for the next 90-day cycle.

Some of your goals may be to begin to develop good, solid habits, some may have numbers attached (like weight loss or saving X amount of dollars for a vacation, etc.) Some of your goals might be small goals to your BHAG – Big Hairy Audacious Goal, like running a marathon or something else epic!

If you have a BHAG or a goal that won't fit into the 90-day Take Back Your Life Journal, no worries! Make a sub-goal out of it and make that your target for the next 90 days.

You eat an elephant one bite at a time, just like BHAG's and great big stretch goals.

Before we get to goals, I think it's important to look at the beginning of your day and the end.

When you create instead of reacting to the day, especially at the beginning and end of your day with Morning Rituals and Evening Rituals, the middles seem to almost take care of themselves and fall into place.

I can't take credit for this idea - my dear friend and mentor Marla Cilley of FlyLady fame is the one who got me started with morning and evening routines in 2001. It was one of the things that I have always adhered to because they truly changed my life.

I just changed her routines up slightly and called them rituals- I love rituals and the sacredness of them, so why not honor your routine by calling it a ritual? 😊
Morning Rituals are important - they set up your day for success.

Most days, they're the same - you get up, get ready for work, get the family out the door to school and their jobs, and off to work you go.

Now your day may not look exactly like that (mine doesn't) but the important part is to recognize what your morning needs to look like if things are to go the way they're supposed to, rather than rushing around everywhere, forgetting things, and generally feeling like you're behind even before the day begins!

Here's an example of my Morning Ritual - I keep my list to 5 because it's manageable:

- Up and change into workout clothes and take my thyroid medication
- Wash my face, brush my teeth, pull back my hair into a ponytail
- Make hot lemon water while coffee is brewing
- Grab my coffee, put on meditation app (Brain.FM)
- Make a smoothie, take my supplements, and start my work. (Gym time is scheduled for later – 1:30 pm when no one is there, but I'm dressed, ready to go and treat that gym time like an appointment)

Take the space on the next page and write out a sample Morning Ritual.

If you're always running late, then put times in place as well until you've got it down to a science. Reverse engineer it – if you need to be out of the house by 7:30 am and you never seem to have enough time, look at what you're doing now and fix it by either taking less time with one of your activities or tasks, figuring out how to move it to your Evening Ritual, or getting up earlier.

It can be done- it's all doable!

Remember, what you say about something is what you create, so if you say, "I just can't get it all done," your brain kicks in and says, "Your words are my command!" And guess what? You're set up to make sure that you don't get it all done; your brain makes sure of it!

Keep in mind that sometimes you DO have too much to do in the morning! You can fix that by doing some of it at night - lay out your clothes the night before, pack lunches, set the coffeemaker up so all you have to do is press the button, etc. These little time-savers add up and will help you redeem your mornings!

Create your

Morning Ritual

1.

2.

3.

4.

5.

Next up is your Evening Ritual.

Your Evening Ritual is a combination of putting your day to “bed” and getting a jump start on your next day.

When you bookend your days with your Morning and Evening Rituals, your world is a better place and life seems to run a lot smoother.

I’ve noticed too, that my Morning and Evening Rituals have helped to ease the overwhelm that can come with always having a lot to do and give me a better jump on what needs to be done. I’m not caught off guard and it’s easier to plan what I need to do next and keep flow happening instead of just allowing the day to happen.

Here’s what my Evening Ritual looks like:

- Fill up my water bottle (I take it to bed every night). Put my thyroid pill out on the nightstand.
- Lay out my workout clothes and shoes. Make sure my gym bag is packed.
- Get my coffee ready to go so I just have to press the button; fill the kettle for lemon water
- Turn out the lights, go to bed (early, around 10 pm)

Create your Evening Ritual on the next page:

Create your

Evening Ritual

1.

2.

3.

4.

5.

And then there is goal setting -

Goals can intimidate and stall us instead of setting us up for success. We find ourselves wanting to do it “right” because we think we’re doing it “wrong.” So instead of getting our goals written out, we end up with nothing!

I’m sure you’ve heard the term S.M.A.R.T goals:

S- is for Specific

M- is for Measurable

A-is for Attainable

R- is for Relevant

T- is for Time Based

When your goals are S.M.A.R.T, you’re moving in the right direction!

The only other thing I would add to S.M.A.R.T goals is an intention and affirmation to make it real, repeatable, and part of your daily life.

Here is an example of two S.M.A.R.T physical goals with the added intention and affirmation wrapped around them.

I love doing goals this way because your daily intention/affirmation holds space for both goals. The ultimate two for one, LOL!

GOAL: I will lose 24 pounds by the time I am done with this Take Back Your Life Journal (90 days).

GOAL: I will workout 4 days a week and will schedule my workouts and honor them like I would a doctor’s appointment.

INTENTION AND AFFIRMATION: I am steadily and easily losing 2 pounds a week by staying on my plan and honoring my exercise commitment.

That’s it- keep it positive and you’re on your way!
You get TWO goals per category –

Create your Goals

Physical / Health

Goal 1:

Goal 2:

Intention/ Affirmation:

Create your Goals

Personal Development/ Business/ Career

Goal 1:

Goal 2:

Intention/ Affirmation:

Create your Goals

Spiritual / Intellectual / Emotional

Goal 1:

Goal 2:

Intention/ Affirmation:

Tips for Success

Now that you have created your morning and evening routines, outlined your goals and set your intentions and affirmations for the next 12 weeks, let's get into the nitty gritty of how to use your TBYL Journal each day.

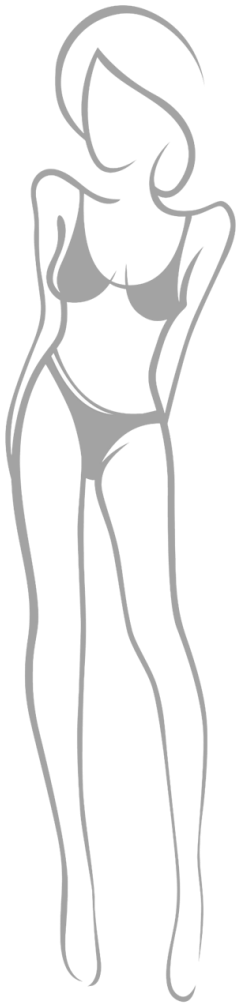
There are numerous tracking metrics in this journal, from supplements to nutrition to self care. This is not to overwhelm you, but to help bring awareness and intention into your daily routine, and to help you track your progress.

As Peter Drucker said, *"What gets measured gets improved."*

Here are a few example pages to show you how to fill out your journal:

Measure at the beginning of each 4-week period. Use the blank spaces to record additional measurements, if needed.

Measurements



Bust	38 inches
Upper Arm	13 inches
Waist	33 inches
Hips	46 inches
Thigh	26 inches
Weight	182 lbs

SAMPLE PAGE

Draw a checkmark or write the date/day each time you take your supplements.

SAMPLE PAGE

Vitamins and Supplements Tracker

Name: *MultíVitamin*

Dosage: 1 capsule

Frequency: Daily - break fast

[illegible]

Name: SAM-E

Dosage: 1 capsule

Frequency: wake up - empty tummy

[illegible]

Name:

Dosage:

Frequency:

Name:

Dosage:

Frequency:

[illegible]

Wellness Goals

for the Month of

June



BODY	Weight	From: 182 lbs To: 178 lbs						
	New Measurements	Bust	Waist	Hips	Thighs	Arms		
		38"	33"	46"	26"	13"		
	Other	BMI - 28.3						
EXERCISE	Days	M	T	W	T	F	S	S
	Areas for improvement	Consistency - workout 5 days per week						
		Step count goal - 10 000 steps per day						
NUTRITION	Calories per Day							
	Food Intake	More of			Less of			
		Leafy green veggies			Pasta and bread			
		Water			Juice and soda			
HABITS	More of			Less of				
	Being mindful of portion sizes			Finishing my plate, even if I dished too much				
	Eating until satisfied			Eating until full				
SELF-CARE	More of			Less of				
	In bed by 10 pm			Watching tv until I fall asleep				
	Meditate for 10 min a day			Social media				

NOTES

Completed the Hot Melt Sprint during the first week of June. Lost 4 lbs. Will continue to walk each day.



REWARD

Bubble bath and a face mask once a week.

Sidenote: No food rewards! - you're not a dog! 😊



IN Gratitude

Week

1

People, things and circumstances I am grateful for:

Mon

1. My health
2. Having a supportive partner
3. It was a gorgeous day - I got to drink tea outside and get some sun

Tues

1. My cat - he always knows how to cheer me up
2. Sally called to say hello - she is such a great friend!
3. My home

Wed

1. Being alive!
2. Having a fridge full of healthy food
3. The ability to walk, move and exercise

Thurs

SAMPLE PAGE

Use the boxes above to write down your daily gratitude's.
You can also divide each space into morning and evening gratitude's if you prefer.

Daily Goals



Morning
Ritual



Evening
Ritual



Date 01/06

Intention for the day: I am steadily and easily losing 2 pounds a week by staying on my plan and honoring my exercise commitment.

Daily Affirmation: I AM in charge of how I feel, and I choose to be happy today.

Word/ Quote: EMBRACE

(write down your word for the year or a quote that inspires you)

Priorities/ Goals for today:

Doctors appt at 1:30 pm

Prep dinner for tomorrow

6 am - Wake up / Morning
Routine

1: 00 pm - Daily Dish

1:30 pm - Dr Matt Appt

SAMPLE PAGE

9 am - Yoga

5:30 pm - Dinner

6:30 pm - Prep dinner for
tomorrow

9 pm - Evening Routine

10 pm- Bed time

Daily Goals

Act of Kindness:

Let a stranger cut in front of me at the store

use this space as needed - for reminders, gratitude's, Bible verses etc.

SAMPLE PAGE

Wins for the Day:

Did 10 493 steps today! Woohooo!!

Ate a BIG salad for dinner. Meals were on point!

Path Corrections:

Forgot to take my supplements when I broke my fast. Need to move them somewhere visible.

Health and Nutrition



KEY:

Journalled or read a book

Exercised or hit my step count goal

Self care

Organized or decluttered

Relaxed or took time to unwind

Hobby / did something I enjoy doing

Hydrated (1 serving)

Breakfast

Target Trifecta Smoothie



Lunch

Salad & grilled chicken

Hot Melt Mix

Sleep



Good



Restless



Mixed

Hours

8 hours

Energy



Dinner

Soup, salad, meatloaf

Mood:

Happy

use this space as needed - for reminders, gratitude's, Bible verses etc.

Use this space as needed – to journal, reflect, jot down notes from the Daily Dish Show etc.

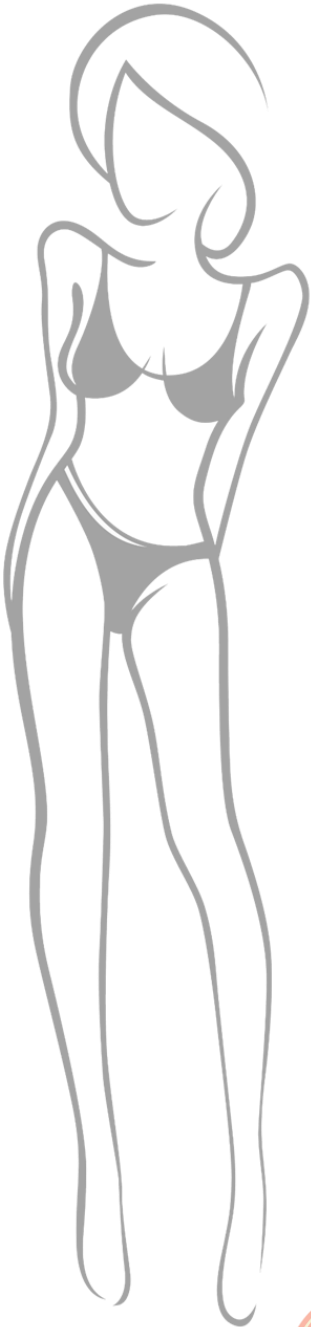
SAMPLE PAGE

Use this space to draw, sketch, make mind maps or as needed.

“You must want to spend the rest of your life with yourself first.” -Rupi Kaur

MONTHLY Calendar

[illegible]



Measurements

Bust	
Upper Arm	
Waist	
Hips	
Thigh	
Knee	
Weight	



Vitamins and Supplements Tracker

Name:

Dosage:

Frequency:

[illegible]

Name:

Dosage:

Frequency:

[illegible]

Name:

Dosage:

Frequency:

[illegible]

Name:

Dosage:

Frequency:

[illegible]

Name:

Dosage:

Frequency:

[illegible]

Name:

Dosage:

Frequency:

[illegible]

Vitamins and Supplements Tracker

Name:

Dosage:

Frequency:

[illegible]

Name:

Dosage:

Frequency:

[illegible]

Name:

Dosage:

Frequency:

[illegible]

Name:

Dosage:

Frequency:

[illegible]

Name:

Dosage:

Frequency:

[illegible]

Name:

Dosage:

Frequency:

[illegible]

Wellness Goals

for the Month of



BODY	Weight	From:					To:		
	New Measurements	Chest	Waist	Hips	Thighs	Arms			
	Other								

EXERCISE	Days	M	T	W	T	F	S	S
	Areas for improvement							

NUTRITION	Calories per Day		
	Food Intake	More of	Less of

HABITS	More of	Less of

SELF-CARE	More of	Less of

NOTES



REWARD



IN Gratitude

Week

People, things and circumstances I am grateful for:

Mon

Tues

Wed

Thurs

Fri

Sat

Sun

The best thing
that
happened this
week

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



1



2



3



4



5

Dinner

Mood:

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*"The best way to predict your future is to create it."
~ Abraham Lincoln*

Daily Goals

Date

Morning Ritual

Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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*“Think like a queen. A queen is not afraid to fail.
Failure is another steppingstone to greatness.”- Oprah*

Daily Goals

Date

Morning Ritual

Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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*“No one can make you feel inferior without your
consent.”- Eleanor Roosevelt*

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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“Love yourself no matter who you are or where you come from.” - Diane Guerrero

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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*“Find out who you are and be that person. That’s what
your soul was put on this Earth to be. Find that truth,
live that truth, and everything else will come.”
-Ellen DeGeneres*

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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*“To know what that true self is without social pressure is
to know your true nature.” - Martha Beck*

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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“Don’t sacrifice yourself too much, because if you sacrifice too much there’s nothing else you can give, and nobody will care for you.” - Karl Lagerfeld

IN Gratitude

Week

People, things and circumstances I am grateful for:

Mon

Tues

Wed

Thurs

Fri

Sat

Sun

The best thing
that
happened this
week

Daily Goals

Date

Morning Ritual

Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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“Be yourself, but always your better self.”
- Karl G. Maeser

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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“Confidence is everything. Confidence is what makes that simple white tee and jeans look good.” - Ciara

Daily Goals

Date

Morning Ritual

Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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“When you have a lot of confidence and you feel like nobody can beat you, it’s game over for everyone else.” - Jason Day

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:	Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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*“Love yourself first and everything else falls into line.
You really have to love yourself to get anything done in
this world.” - Lucille Ball*

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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*“As is our confidence, so is our capacity.”
- William Hazlitt*

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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“Love yourself enough to set boundaries. Your time and energy are precious. You get to choose how you use it. You teach people how to treat you by deciding what you will and won’t accept.” - Anna Taylor

Daily Goals

Date

Morning Ritual

Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:	Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



1



2



3



4



5

Dinner

Mood:

- Misty Copeland

IN Gratitude

Week

People, things and circumstances I am grateful for:

Mon

Tues

Wed

Thurs

Fri

Sat

Sun

The best thing
that
happened this
week

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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4



5

Dinner

Mood:

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*“Beauty begins the moment you decide to be yourself.”
- Coco Chanel*

Daily Goals

Date

Morning Ritual

Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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*“If you have no confidence in self, you are twice defeated
in the race of life.” -Marcus Garvey*

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



1

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4

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Dinner

Mood:

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*“When you have confidence, you can have a lot of fun.
And when you have fun, you can do amazing things.”
- Joe Namath*

Daily Goals

Date

Morning Ritual

Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



Dinner

Mood:

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“I was once afraid of people saying, ‘Who does she think she is?’ Now I have the courage to stand and say, ‘This is who I am.’ - Oprah Winfrey

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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“Faith is a living, daring confidence in God’s grace, so sure and certain that a man could stake his life on it a thousand times.” - Martin Luther

Daily Goals

Date

Morning Ritual

Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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*“Be bold, be brave enough to be your true self.”
- Queen Latifah*

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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*“Confidence is a lot of this game or any game.
If you don’t think you can, you won’t.” - Jerry West*

IN Gratitude

Week

People, things and circumstances I am grateful for:

Mon

Tues

Wed

Thurs

Fri

Sat

Sun

The best thing
that
happened this
week

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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“I am my own experiment. I am my own work of art.”
- Madonna

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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“You yourself, as much as anybody in the entire universe, deserve your love and affection.” - Buddha

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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*“Keep taking time for yourself until you’re you again.”
- Lalah Delia*

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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*“Do not let what you cannot do interfere with what you
can do.” - John Wooden*

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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*“I can be changed by what happens to me. But I refuse
to be reduced by it.” -Maya Angelou*

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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“Everyone of us needs to show how much we care for each other and, in the process, care for ourselves.”

- Princess Diana

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



Dinner

Mood:

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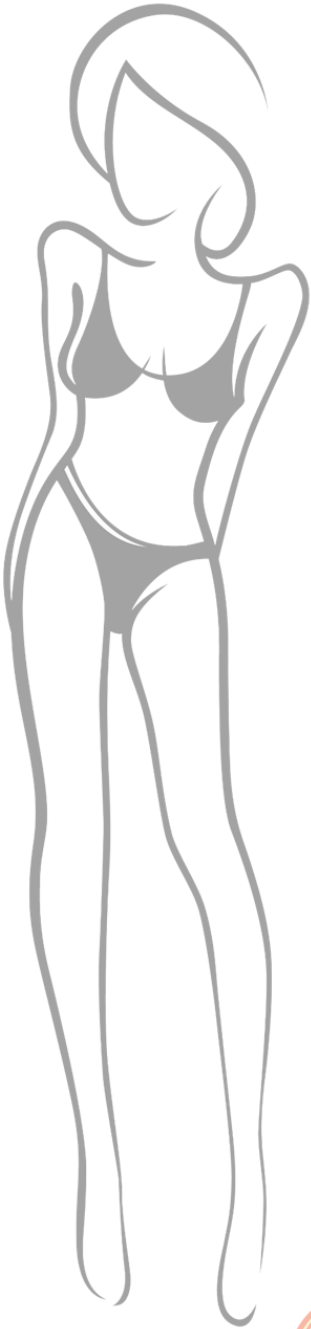
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*“Confidence comes from hours and days and weeks and
years of constant work and dedication.”*

- Robert Staubach

MONTHLY Calendar

[illegible]



Measurements

Bust	
Upper Arm	
Waist	
Hips	
Thigh	
Knee	
Weight	



Vitamins and Supplements Tracker

Name:

Dosage:

Frequency:

[illegible]

Name:

Dosage:

Frequency:

[illegible]

Name:

Dosage:

Frequency:

[illegible]

Name:

Dosage:

Frequency:

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Name:

Dosage:

Frequency:

[illegible]

Name:

Dosage:

Frequency:

[illegible]

Vitamins and Supplements Tracker

Name:

Dosage:

Frequency:

[illegible]

Name:

Dosage:

Frequency:

[illegible]

Name:

Dosage:

Frequency:

[illegible]

Name:

Dosage:

Frequency:

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Name:

Dosage:

Frequency:

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Name:

Dosage:

Frequency:

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Wellness Goals

for the Month of



BODY	Weight	From:					To:		
	New Measurements	Chest	Waist	Hips	Thighs	Arms			
	Other								

EXERCISE	Days	M	T	W	T	F	S	S
	Areas for improvement							

NUTRITION	Calories per Day		
	DIET	More of	Less of

HABITS	More of	Less of

SELF-CARE	More of	Less of

NOTES



REWARD



IN Gratitude

Week

People, things and circumstances I am grateful for:

Mon

Tues

Wed

Thurs

Fri

Sat

Sun

The best thing
that
happened this
week

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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“Never allow someone to be your priority while allowing yourself to be their option.” - Mark Twain

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:	Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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*“Confidence is contagious. So is lack of confidence.”
- Vince Lombardi*

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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“If you have no confidence in self, you are twice defeated in the race of life. With confidence, you have won even before you have started.” - Cicero

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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*“To love oneself is the beginning of a life-long romance.”
- Oscar Wilde*

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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“A person learns how to love himself through the simple acts of loving and being loved by someone else.”

- Haruki Murakami

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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“Confidence is that feeling by which the mind embarks in great and honorable courses with a sure hope and trust in itself.” - Cicero

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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“Confidence. If you have it, you can make anything look good.” -Diane Von Furstenberg

IN Gratitude

Week

People, things and circumstances I am grateful for:

Mon

Tues

Wed

Thurs

Fri

Sat

Sun

The best thing
that
happened this
week

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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“People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in their true beauty is revealed only if there is light from within.” -Elisabeth Kubler-Ross

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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“Confidence is a very fragile thing.” - Joe Montana

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

“Because one believes in oneself, one doesn’t try to convince. Because one is content with oneself, one doesn’t need others’ approval. Because one accepts oneself, the whole world accepts him or her.” - Laozi

Daily Goals

Date

Morning Ritual

Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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“Flowers grow back even after the harshest winters. You will, too.” - Jennae Cecelia

Daily Goals

Date

Morning Ritual

Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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“Confidence comes from discipline and training.”
- Robert Kiyosaki

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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“Life is not easy for any of us. But what of that? We must have perseverance and above all confidence in ourselves. We must believe that we are gifted for something, and that this thing must be attained.” - Marie Curie

Daily Goals

Date

Morning Ritual

Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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“You've got to love yourself first. You've got to be okay on your own before you can be okay with somebody else.”

- Jennifer Lopez

IN Gratitude

Week

People, things and circumstances I am grateful for:

Mon

Tues

Wed

Thurs

Fri

Sat

Sun

The best thing
that
happened this
week

Daily Goals

Date

Morning Ritual

Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



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Energy



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Dinner

Mood:

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“Confidence is when you believe in yourself and your abilities, arrogance is when you think you are better than others and act accordingly.” - Stewart Stafford

Daily Goals

Date

Morning Ritual

Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:	Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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“Experience tells you what to do; confidence allows you to do it.” - Stan Smith

Daily Goals

Date

Morning Ritual

Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

- Franklin D. Roosevelt

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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“We gain strength, and courage, and confidence by each experience in which we really stop to look fear in the face ... we must do that which we think we cannot.”

-Eleanor Roosevelt

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

“Confidence isn’t optimism or pessimism, and it’s not a character attribute. It’s the expectation of a positive outcome.” - Rosabeth Moss Kanter

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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*“That risk you're afraid to take, could be the one that
changes your entire life.” ~ Kylie Frances*

Daily Goals

Date

Morning Ritual

Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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*"The best way to predict your future is to create it."
~ Abraham Lincoln*

IN Gratitude

Week

People, things and circumstances I am grateful for:

Mon

Tues

Wed

Thurs

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Sat

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The best thing
that
happened this
week

Daily Goals

Date

Morning Ritual

Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

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Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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*"We generate fears while we sit. We overcome them by
action." -Dr. Henry Link*

Daily Goals

Date

Morning Ritual

Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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*"You might be poor, your shoes might be broken, but
your mind is a palace." — Frank McCourt*

Daily Goals

Date

Morning Ritual

Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

"The reason you have what you have is because you decided to settle on it. Change your mind, change your life." ~John Assaraf

Daily Goals

Date

Morning Ritual

Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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*"Why, having been endowed with the courageous heart
of a lion, do we live as mice?" - Brendon Burchard*

Daily Goals

Date

Morning Ritual

Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

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Health and Nutrition



Breakfast

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Lunch



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Restless



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Dinner

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"Fear always screams louder when magic is closer."
-Robin Sharma

Daily Goals

Date



Morning Ritual

Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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"Action delayed is greatness betrayed." -Robin Sharma

Daily Goals

Date

Morning Ritual

Evening Ritual



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Daily Affirmation:

Word/ Quote:



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Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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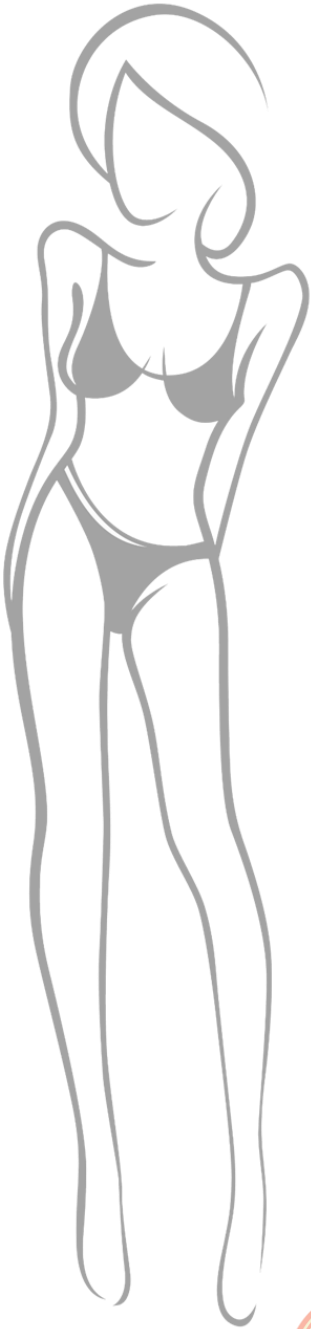
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"If you remain in survival mode, you never have the opportunity to believe in yourself." -Dr. Joe Dispenza

MONTHLY Calendar

[illegible]



Measurements

Bust	
Upper Arm	
Waist	
Hips	
Thigh	
Knee	
Weight	



Vitamins and Supplements Tracker

Name:

Dosage:

Frequency:

[illegible]

Name:

Dosage:

Frequency:

[illegible]

Name:

Dosage:

Frequency:

[illegible]

Name:

Dosage:

Frequency:

[illegible]

Name:

Dosage:

Frequency:

[illegible]

Name:

Dosage:

Frequency:

[illegible]

Vitamins and Supplements Tracker

Name:

Dosage:

Frequency:

[illegible]

Name:

Dosage:

Frequency:

[illegible]

Name:

Dosage:

Frequency:

[illegible]

Name:

Dosage:

Frequency:

[illegible]

Name:

Dosage:

Frequency:

[illegible]

Name:

Dosage:

Frequency:

Wellness Goals

for the Month of



BODY	Weight	From:					To:		
	New Measurements	Chest	Waist	Hips	Thighs	Arms			
	Other								

EXERCISE	Days	M	T	W	T	F	S	S
	Areas for improvement							

NUTRITION	Calories per Day		
	DIET	More of	Less of

HABITS	More of	Less of

SELF-CARE	More of	Less of

NOTES



REWARD



IN Gratitude

Week

People, things and circumstances I am grateful for:

Mon

Tues

Wed

Thurs

Fri

Sat

Sun

The best thing
that
happened this
week

Daily Goals

Date

Morning Ritual



Evening Ritual



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Word/ Quote:



Priorities/ Goals for today:

Daily Goals

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Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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4

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Dinner

Mood:

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"Someday is not a day of the week." ~Janet Daily

Daily Goals

Date

Morning Ritual



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Word/ Quote:



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Daily Goals

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Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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"We only get to be in our bodies for a limited time. Why not celebrate the journey instead of merely riding it out until it's over?" ~Jen Sincero

Daily Goals

Date

Morning Ritual

Evening Ritual



Intention for the day:

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Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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*"Vision without action is just hallucination."
-Craig Ballantine*

Daily Goals

Date

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Word/ Quote:



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Health and Nutrition



Breakfast

Sleep

Hours

Lunch



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Restless



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Energy



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Dinner

Mood:

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*"All science was magic until it was proven."
-Candy Irwin*

Daily Goals

Date

Morning Ritual



Evening Ritual



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Word/ Quote:



Priorities/ Goals for today:

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Health and Nutrition



Breakfast

Sleep

Hours

Lunch



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Restless



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Energy



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Dinner

Mood:

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"Every storm runs out of rain." ~Maya Angelou

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

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Word/ Quote:



Priorities/ Goals for today:

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Health and Nutrition



Breakfast

Sleep

Hours

Lunch



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Restless



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Energy



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Dinner

Mood:

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"A poor mind drowns in excuses; a rich mind swims in solutions." ~Unknown

Daily Goals

Date

Morning Ritual

Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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*"The world is changed by your example,
not your opinion." ~Paulo Coelho*

IN Gratitude

Week

People, things and circumstances I am grateful for:

Mon

Tues

Wed

Thurs

Fri

Sat

Sun

The best thing
that
happened this
week

Daily Goals

Date

Morning Ritual

Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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*"If you don't like the road you're walking, start paving
another one." ~ Dolly Parton*

Daily Goals

Date

Morning Ritual

Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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*"Be careful when you follow the masses; sometimes the
'm' is silent." ~Unknown*

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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*"At the house of hustle, rent is due everyday."
-Alex Toussaint*

Daily Goals

Date

Morning Ritual

Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:	Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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“No amount of regret changes the past, no amount of anxiety changes the future, but any amount of gratitude changes the present.” ~Marc and Angel Chernoff

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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*“Breathe darling. This is just a chapter,
not your whole story.” ~S.C. Lowrie*

Daily Goals

Date

Morning Ritual

Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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"Every positive change in your life begins with a clear, unequivocal decision that you are going to either start doing something or stop doing something." ~ Anonymous

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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"Don't let anyone who hasn't walked in your shoes tell you how to tie your laces." ~ Anthony Youn, MD

IN Gratitude

Week

People, things and circumstances I am grateful for:

Mon

Tues

Wed

Thurs

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The best thing
that
happened this
week

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

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Word/ Quote:



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Daily Goals

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Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



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Energy



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Dinner

Mood:

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"Enough is a decision, not an amount." ~Alison Faulkner

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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"Every dream starts off small. Fedex delivered 15 packages on their first day." ~Unknown

Daily Goals

Date



Morning Ritual

Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

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Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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*"Our fantasies are our realities in an excuse-free world."
~Jen Sincero*

Daily Goals

Date



Morning Ritual

Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

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Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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"Design beats willpower." - BJ Fogg

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

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Priorities/ Goals for today:

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Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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*"The best way to predict your future is to create it."
~ Abraham Lincoln*

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

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Word/ Quote:



Priorities/ Goals for today:

Daily Goals

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Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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"Do or do not; there is no try." ~ Yoda

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

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Priorities/ Goals for today:

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Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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"I don't do things based on how I feel, I do things based on who I am." -Ed Mylett

IN Gratitude

Week

People, things and circumstances I am grateful for:

Mon

Tues

Wed

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Sat

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The best thing
that
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week

Daily Goals

Date

Morning Ritual



Evening Ritual



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Daily Goals

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Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



Dinner

Mood:

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"Risk being seen in all of your glory." ~Jim Carrey

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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“Begin the journey. Be IN the journey.”
~Christine D'Ercole

Daily Goals

Date

Morning Ritual

Evening Ritual



Intention for the day:

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Word/ Quote:



Priorities/ Goals for today:

Daily Goals

Act of Kindness:

Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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*"You cannot create uncommon success with
average habits." ~Sean Croxton*

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

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Word/ Quote:



Priorities/ Goals for today:

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Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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*“Don't let the struggle become your identity.”
- Author Unknown*

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

Daily Affirmation:

Word/ Quote:



Priorities/ Goals for today:

Daily Goals

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Wins for the Day:

Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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"Your brain is like a super computer and your self-talk is the program it will run." ~Jim Kwik

Daily Goals

Date

Morning Ritual



Evening Ritual



Intention for the day:

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Word/ Quote:



Priorities/ Goals for today:

Daily Goals

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Wins for the Day:	Path Corrections:



Health and Nutrition



Breakfast

Sleep

Hours

Lunch



Good



Restless



Mixed

Energy



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Dinner

Mood:

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*“God often accomplishes more in your valley than He
does on your mountaintop” ~TobyMac*

Daily Goals

Date

Morning Ritual

Evening Ritual



Intention for the day:

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Word/ Quote:



Priorities/ Goals for today:

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Health and Nutrition



Breakfast

Sleep

Hours

Lunch



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Restless



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Energy



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Dinner

Mood:

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*"Success is not about your circumstances; it's about who
you're being." ~Jen Sincero*