

Date:

CURRENT MANTRAS

Little by little, a little becomes a lot

I am my own source of confidence, love, and certainty

I am healthy, I am strong

weekly top 5

Write your top 5 focuses for this week

here. These should be specific,

measurable, meaningful to you,

achievable, realistic, healthy, and

towards what you want in life.

daily top 5

Write your top 5 focuses for the day

here.

These should move you towards

achieving your weekly top 5 that

you have listed above.

PLAY

Farm weekend with Suze

Nature walk with Flick

Something I'm working
on in myself ...

5 deep breaths daily

To the universe ...

a new social connection
with someone who has
similar values

Date:

CURRENT MANTRAS

weekly top 5

PLAY

Something I'm working on in myself ...

daily top 5

To the universe ...