

Positive Success Routine Check

WHEN YOU KNOW WHAT YOU WANT AND YOU ARE
CONSCIOUSLY WORKING TOWARDS IT NEGATIVITY
FADES

15 min. morning

- ☐ 10 MINUTES OF MEDITATION
- ☐ DECLARATION OF HOW YOU WANT TO BE
- ☐ SET GOALS THAT WILL TAKE YOU TOWARDS THE LIFE YOU LOVE
- ☐

15 min. evening

- ☐ 10 THINGS YOU ARE GRATEFUL FOR
- ☐ 3 WINS
- ☐ SELF RELECTION ON 1 SITUATION YOU COULD REACT BETTER
- ☐