

DAILY

Alignment

SHEET



BY HER HEALTHY HUSTLES

HOW TO USE THIS DAILY ALIGNMENT SHEET

Date & Today's Mood 😊

Start your morning by circling your current mood before you check your emails. Checking in with yourself first thing prevents you from operating on "auto-pilot."

Reflection Today ✍️

Use this space for your Morning Pages or a brain dump. Write down any anxieties or "brain fog" to clear your mind for deep work. As someone who values writing everything down, this is your mental decluttering zone.

Non-Negotiables 🎯

List exactly three tasks that must happen today. Avoid the trap of the endless to-do list. If you do nothing else, these three items mean you've had a successful "Hustle."

What Healthy Thing Did You Do Today? 🏆

Record your "Health Win." It could be sleeping 7+ hours, a yoga session, or a badminton match.

The Soul Feed 📖

Copy one Bible verse, a powerful quote, or a beautiful phrase from your Kindle. This feeds your spirit. If you love collecting favorite words, this section ensures you are learning and reflecting daily.

Date:

TODAY'S MOOD



REFLECTION TODAY

Non-Negotiables



What healthy thing did you do today?

The Soul Feed

Date:

TODAY'S MOOD



REFLECTION TODAY

Non-Negotiables



WHAT HEALTHY THING DID YOU DO TODAY?

THE SOUL FEED

Date:

TODAY'S MOOD



REFLECTION TODAY

Horizontal dashed lines for reflection notes.

Non-Negotiables



What healthy thing did you do today?

The Soul Feed

Horizontal dashed lines for 'The Soul Feed' notes.



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REFLECTION TODAY

Multiple horizontal dashed lines for reflection text.

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You Did It, Healthy Hustler! ✨

Congratulations on completing your 30-Day Alignment Journey! 🥂

You have officially proven to yourself that ambition doesn't have to come at the cost of your soul or your health.

Throughout this month, you've traded the "badge of honor" of exhaustion for a rhythm that honors both your big dreams and your need for rest. By making space for your Morning Pages, capturing wisdom, and prioritizing your Non-Negotiables, you've built a foundation that can sustain your hustle for the long haul.

Don't Stop the Momentum 🚀

This 30th page isn't a "finish line"—it's a launching pad. True empowerment comes from the consistency of these daily rituals.

- Keep Writing: Continue to write everything down almost every single day to maintain that mental clarity.
- Keep Resting: Remember that your heart rate and peace of mind are your most valuable assets.
- Keep Learning: Stay curious and continue feeding your soul with the verses and quotes that keep you grounded.

Your journey of "Leading Without Losing Yourself" continues today. Keep showing up for yourself, because an empowered woman who is well-rested is truly unstoppable. 💪❤️