



"keep dreaming,
stay focused,
and make little
steps forward
every day."



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Winning the Day

Things to consider doing every day:

- Drink some water (add lemon for an extra boost!)
- Meditate (15 mins)
 - Journal (15 mins)
- Visualize
 - Exercise
 - Learn something
 - Plan your rest
 - Plan your critical tasks
- The items marked with a are best done in the morning. Fit the rest into your day when it feels right to you. If you're a night owl, maybe you prefer to journal, exercise, and learn something in the evening. Plan the next day in your evening!
- Everyone has a different opinion. Feel great about yours!

A word about your vision statement:

- Be as specific as you can, including what and when. You don't need to know how, but you need to know WHY. It might feel weird to write your vision a couple of times a day, but it's proven to work! Writing is key, too. Putting pen to paper makes a difference in how your vision soaks into your brain. And don't worry too much about it - it can change as you change.



Morning Planning

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Gratitude:

1. _____
2. _____
3. _____

critical Tasks:

- _____
- _____
- _____
- _____

VISION:

When and how I will
take time for me
today: _____

WHEN:

HOW:



Evening Recap

___/___/___

Appreciation:

1. _____
2. _____
3. _____

This happened today:

Vision: