

Get Your Mind *Right*

DATE: / /

S M T W T F S

AM Affirmation:

3 Must Do's
- STOP WHINING!



3 Self-Care Acts
- GET IT TOGETHER!



Honestly, I'm Feeling...



ALL OF IT!



OK



"FINE"



OVER IT, IT'S NOT EVEN FUNNY

Good or Not, I'm Looking Forward To

& I WON'T SABOTAGE MYSELF BY

My Word, Phrase, or Playlist Vibe is...

Now, Let's Do It!


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