

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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