


My intentional perspective...

Su Mo Tu We Th Fr Sa Today's Date:

Take care of yourself first  
so that you can lovingly take care of those you love.

Body/Mind/Spirit:	Fitness/Nourishment:	Tracking
Vibe Check: ○○○○○○○○○○○○	_____	
Water: ○○○○○○○○○○○○	_____	
Gratitude: ○○○○○○○○○○○○	_____	
EFT/Meditate: ○○○○○○○○○○○○	_____	
Affirmations: ○○○○○○○○○○○○	_____	
Hugs/I ♥ You's: ○○○○○○○○○○○○	_____	
Fun/Enjoyment: ○○○○○○○○○○○○	_____	
Identity Alignment: ○○○○○○○○○○○○	_____	
_____ ○○○○○○○○○○○○	_____	
_____ ○○○○○○○○○○○○	_____	
[ ] Goal Review	[ ] _____	
[ ] Perfect Client List	[ ] _____	

 You have 24 hours each day- Choose Wisely

Important Appointments to Keep	Top Priorities Today
Time	
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	Bonus Accomplishments:
_____	_____
_____	_____

Creative Inspiration/Brilliant Thoughts/Ideas/Musings




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Hugs/I ♥ You's: ○○○○○○○○○○○○	_____	
Fun/Enjoyment: ○○○○○○○○○○○○	_____	
Identity Alignment: ○○○○○○○○○○○○	_____	
_____ ○○○○○○○○○○○○	_____	
_____ ○○○○○○○○○○○○	_____	
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Creative Inspiration/Brilliant Thoughts/Ideas/Musings

