

# RADICAL TRANSFORMATION

TODAY WAS SO GREAT BECAUSE



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I'M SO THANKFUL FOR

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THESE ARE THE MOST IMPORTANT THINGS TO ME

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- \_\_\_\_\_
- \_\_\_\_\_
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- \_\_\_\_\_
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LIFE IS SO GREAT BECAUSE



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## AFFIRMATIONS



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# WORK IT!

## WORKOUT PLANNER



It does not matter how slowly you go as long as you do not stop.  
-Confucius

ACTIVITY	TIME	REPS
<b>DAY 1</b>		
<b>DAY 2</b>		
<b>DAY 3</b>		
<b>DAY 4</b>		
<b>DAY 5</b>		

# TO DO LIST

Let the refining and improving of your own life keep you so busy that you have little time to criticize others.

H. Jackson Brown, Jr.

DATE: .....

## IMPORTANT TASKS



Green task bar

Red task bar

Green task bar

Red task bar

Green task bar

## HEALTHY EATING



Red healthy eating bar

## EXERCISE

Red exercise bar

I'M SO THANKFUL FOR:

Green bar for gratitude

## MORNING

Green morning block

## AFTERNOON

Green afternoon block

## EVENING

Green evening block

WATER 





# WEEKLY AGENDA



MON

TUE

WED

THURS

FRI

WEEKEND

PRIORITIES



AFFIRMATIONS

