

# #LAST90DAYS

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.

I AM SO THANKFUL FOR:

DATE: .....

## AFFIRMATIONS FOR THE DAY

Five horizontal bars for affirmations, alternating in color: grey, pink, grey, pink, grey. Each bar has a small triangle on the right side pointing towards the text area.

## FOOD I AM GIVING UP:

A large grey rounded rectangular box for writing about food being given up.

## EXERCISE I AM COMMITTING TO:

A large grey rounded rectangular box for writing about exercise commitments.

## THIS WOULD MAKE TODAY GREAT:

WATER



A large grey rounded rectangular box for writing about what would make the day great.

A large pink rounded rectangular box for writing about things the user is thankful for.