



Week of _____

remember who you are
weekly affirmation
power-full thought for week



Life Lists ✓

W.I.N. What's Important Now?

What is your main focus to make this week awesome?

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When you live your vision all tasks have purpose.

Bliss-ipline Tracker

Rise & Shine Routine

Goal Review

Hydrate- Drink 8



Be the person you want to see in the mirror. more worry less believe big

Exercise

Ride

Feed Your Spirit

Eat Healthy

Gratitude

Sleep

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Daily rituals that I must do to be healthy, have energy, be my best & find my Bliss

U Make your own luck by focusing on what is important.

s.p.u.r. o.n. 

Chip Away at what does not belong in your vision.

Clarity. Chip Away. Commitment. Consistency. Courage. Confidence. Competency.

Have faith to move your mountain.

Celebrate every little step. The Joy is in the Journey.

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| Monday ____ W.I.N. Today... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Tuesday ____ W.I.N. Today... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Wednesday ____ W.I.N. Today... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Thursday ____ W.I.N. Today... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Intention, Prayer, Meditation & Planning 8 9 10 11 12 1 2 3 4 5 6 7 I am so thankful for... | Intention, Prayer, Meditation & Planning 8 9 10 11 12 1 2 3 4 5 6 7 I am so thankful for... | Intention, Prayer, Meditation & Planning 8 9 10 11 12 1 2 3 4 5 6 7 I am so thankful for... | Intention, Prayer, Meditation & Planning 8 9 10 11 12 1 2 3 4 5 6 7 I am so thankful for... |

Get your dreams out of your head & into your schedule

Head Up. Heels Down.

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| Friday ____ W.I.N. Today... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Saturday ____ W.I.N. Today... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Sunday ____ W.I.N. Today... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | notes |
| Intention, Prayer, Meditation & Planning 8 9 10 11 12 1 2 3 4 5 6 7 I am so thankful for... | Intention, Prayer, Meditation & Planning 8 9 10 11 12 1 2 3 4 5 6 7 I am so thankful for... | Intention, Prayer, Meditation & Planning 8 9 10 11 12 1 2 3 4 5 6 7 I am so thankful for... | Rest. Refuel. Restore. |

Make a mistake? Forgive yourself & others & move on.

Love others as you love yourself.