


MAKE IT HAPPEN → **Today**

 more     worry less     believe big

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

**W.I.N.** (What's Important Now Tasks)

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How will you feed your mind, body, spirit?

**Mind**

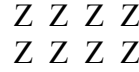


**Body**

drink 8



sleep 8




move your body

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**Spirit**



remember who you are   
**affirmation**

**Stuff To Do** ✓

**Errands** 