

Rock Your Life DAILY PLANNER

Affirmation TODAY

Power Words to BREATHE IN

To Do Today:

BODY:

MIND:

SOUL:

Write specifically ONE THING you will do to bless, empower, nourish your body, mind, and soul.

I am Thankful today FOR:

My Happy & Healthy Thought for Today:

What feelings do I want to feel today?

What excites and lights me up TODAY?

2 micromovements today I can achieve? Be specific.

What is my WHY today? This will fuel +guide me with clarity.

Affirm out loud to god/higher power/universe:

BE WHO YOU HAVE ME TO BE

SAY WHAT YOU HAVE ME TO Say

DO WHAT YOU HAVE ME TO DO

Use this daily to approach your day with INTENTION. GRATITUDE. And
MOMENTUM.

Want more: www.sashawestray.com

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