

Daily Routine

Date:

Gratitude

Identify three specific events from yesterday that you are thankful for.

House Goals Today

Three goals you aim to achieve in your home today.

Health Goals Today

Three things that will help lead to a desired health goal

Start Doing (how did I do yesterday)

Establish three habits you'd like to adopt. Assess your progress each day and continue recording them daily until these habits become second nature.

Stop Doing (how did I do yesterday)

Three habits you should aim to quit. Evaluate yourself daily and continue documenting them until you have successfully broken the habit.

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Health Goals Today

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Stop Doing (how did I do yesterday)

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