



MY OVERALL FOCUS	WEEK OF
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BIGGEST WIN THIS WEEK

MONDAY

energize

DO SOMETHING THAT ENERGIZES YOU
GETS YOU PUMPED FOR THE DAY
GETS YOUR BLOOD FLOWING

COLD WATER THERAPY - EXERCISE
PODCASTS - EXERCISE CLASS - MUSIC



TUESDAY

health

DO SOMETHING THAT PROMOTES
HEALTH FOR YOUR BODY

FOOD - EXERCISE - VITAMINS
REST - FORGIVENESS - MEDITATION



WEDNESDAY

declutter

REMOVE THINGS THAT ARE CLUTTERED IN YOUR LIFE

PHYSICAL CLUTTER - MENTAL CLUTTER
EMOTIONAL CLUTTER - SPIRITUAL CLUTTER



THURSDAY

new to you

DO SOMETHING THAT IS NEW TO YOU
SOMETHING YOU HAVEN'T DONE BEFORE

A NEW CONCEPT - WAY OF THINKING
RECIPE - MOVIE - BOOK - CLASS



FRIDAY

family + friends

SPEND QUALITY TIME WITH YOUR FAMILY OR FRIENDS

MAKE MEMORIES - ENJOY LAUGHS



SATURDAY

digital detox

PUT YOUR PHONE DOWN
FOCUS ON WHAT'S MOST IMPORTANT

1 HOUR DETOX - 1/2 DAY DETOX
WHOLE DAY DETOX



SUNDAY

self care

FOCUS ON CARING FOR YOURSELF
PAY ATTENTION TO YOUR NEEDS
DO THINGS THAT BRING YOU JOY

AT HOME SPA - MANICURE - PAINT
READ - MEDITATE - CRAFT - REST



LOOKING AHEAD TO NEXT WEEK