

MIND, BODY, SPIRIT*

Daily Plan

Date: _____

Today's Goal: _____

Action Step: _____

Daily Mantra: _____

3 Moments of Success: _____

Areas to Improve: _____

Take three deep breaths of gratitude and reflect on the day that passed. What did you learn?

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Date:

My Starting Point

Get out your health notebook and jot down answers to the following questions. Don't be afraid to let your pen run wild. This is the first step in your healing journey.

- 1) What are your current symptoms?
- 2) What does optimal health look like for you?
- 3) Why do you want to get healthy?
- 4) List 5 Action Steps you will take to get to your health goal:

Now close your eyes and take three deep breathes. Create a mental image of you when you achieve optimal health. What do you look like? Where are you? What do you feel like? Sit with this image for 5 minutes, then open your eyes and commit to your journey.