

WEEK 2: Define & Design

Schedule in your daily Mind, Body & Spirit activations. Remember to write down the time of day this will happen. Also record how you feel after each activation and always look for the positives. Also choose a reward for yourself at the end of the week as this will enhance your drive and determination to become more of the amazing person you are each week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MIND							
Write how you felt after							
BODY							
Write how you felt after							
SPIRIT							
Write how you felt after							

End of Week Reward.....