

WEEK 4: Discover Your True Purpose

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.....