

## Truly Amazing Life Habits™

Foundational habits for reconnecting to your higher self and inner source of joy each day, regardless of the inevitable highs and lows of life.

	The Pillar	The Habit	Mon	Tues	Wed	Thu	Fri	Sat	Sun
1.	<b>BELIEVE</b>	Affirm Your Truth & Envision Your Life							
2.	<b>REMEMBER</b>	Remember Who You Are Reflect Lovingly in the Mirror							
3.	<b>SMILE</b>	Appreciate & Feel Deep Gratitude							
4.	<b>ENJOY</b>	Move Your Body Vigorously & Eat Well							
5.	<b>THINK</b>	Meditate							
6.	<b>CREATE</b>	Write From Your Heart							
7.	<b>SUCCEED</b>	Write Your Priorities For Today							
8.	<b>LOVE</b>	Think Forgiveness, Gratitude & Love Toward Others							
9.	<b>GROW</b>	Expand Your Mind Read Empowering Words							
10.	<b>CELEBRATE</b>	<b>PLAY!</b> Sing, Dance, Laugh, etc.							
11.	<b>GIVE</b>	Da a Selfless Act of Service for Someone							
12.	<b>EMPOWER</b>	Truly Listen & Genuinely Complement Someone							
	<b>How Do You Feel before?</b>								
	<b>How Do You Feel after?</b>								

Week Ending \_\_\_\_\_