

Start Happy

WEEKLY INTENTION

PRIORITIES

1. _____

2. _____

3. _____

4. _____

SELF-CARE

GRATITUDE

	SELF-CARE	GRATITUDE
MON		
TUE		
WED		
THU		
FRI		
SAT		
SUN		

REMEMBER

- GRATITUDE ON THE DAILY
- LET GO OF WHAT YOU CAN'T CONTROL
- OWN YOUR POWER, TRUTH AND DESIRE
- WITH LOVE TO OTHERS AND YOURSELF
- _____
- _____