

**Daily Checklist**

(Repeat this Daily and add any other actions to it ☺ )

**Each Day ~ Write Out:**

* 3 Things you are grateful for.
* Sit for 3-5 minutes and visualise where you want to be at the end of the month and what you want to achieve.
* Write out what action steps you will take towards your goals.
* Do one enjoyable thing every day. This is a key element as we want to bring enjoyment to this challenge but also challenge you to make sure you do something enjoyable for yourself.

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| **Day** | **Gratitude** | **Visualisation** | **Action Steps** | **Enjoyment** |
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“She Believed She Could, So She Did”