

BRAIN DUMP

STEP #1: Take some time to write down anything that you have on your mind. Don't worry about content or organization. Just put your thoughts down so you can settle your mind. When you're done, take a few slow breaths.



DAILY JOURNALING

STEP #2: RECAP. Take a moment to recognize all you've done today.

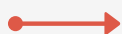
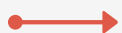
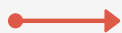
SOMETHING I DID FOR MY
ENVIRONMENT/HOME:

SOMETHING I DID FOR MY MIND:

SOMETHING I DID FOR MY BODY:

SOMETHING I DID FOR FUN:

STEP #3: RESTART. Now let's identify 3 things you want to accomplish tomorrow.
Keep it simple!



STEP #4: RECONNECT. What are you grateful for today? Be specific.