

# Living with Purpose

DATE:



## 5 THINGS TO ACCOMPLISH TODAY

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I AM GRATEFUL FOR:

## 3 THINGS TO DO FOR OTHERS

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I AM LETTING GO OF:

Create a routine by choosing 4 things to do every morning and evening.

I WILL CONNECT WITH & CHECK IN ON:

## MORNING ROUTINE

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I WILL MOVE MY BODY DOING:

## EVENING ROUTINE

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I WILL LEARN SOMETHING NEW: