



## Daily Kick-Ass List

This stuff works!

### Morning Practice

**CLEAR YOUR HEAD:** Take a few minutes to write down whatever is in your head. Let it flow freely.

### **DAILY APPRECIATION:**

Allow yourself to **feel** appreciation when you think about these things and take a minute to bask in it as you think of it.

List 3 things you like about yourself today.

- 1.
- 2.
- 3.

This stuff works!

List 3 things you appreciate about your life and the people in it.

1.

2.

3.

**INTENTION FOR THIS DAY:** write a simple statement about what you would like to experience today. How would you like to feel?

This stuff works!

## Evening Practice

### DAILY ACCOMPLISHMENTS

List 3 things that you rocked out today

- 1.
- 2.
- 3.

### WHAT FELT EASY?

### WHAT DO YOU WANT MORE OF?