

Daily Goals

1. Do something nice for yourself
2. Do something nice for someone other than yourself
3. Do something you hesitate to do or that pushes you out of your comfort zone
4. Do something around your home
5. Write for 30 minutes (anything!!)
6. Do some form of exercise
7. Write down what you eat
8. Save money~even if only .5c or .10c
9. Write down what you are grateful for
10. Write down what you would like to manifest in your life