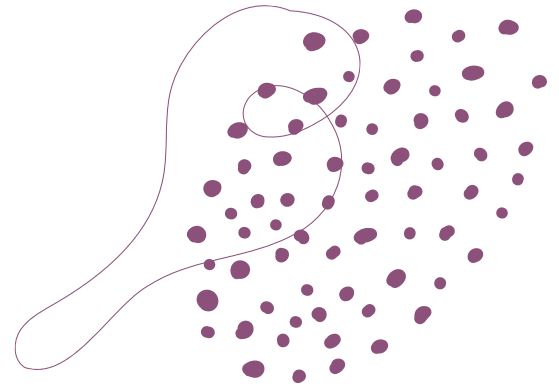


Get up early & seize the day.

- I set my alarm and got up earlier than the kids.
- I was intentional and spent time in a journal or planner.
- I connected with and moved my body.



Boost your brain with gratitude & empathy.

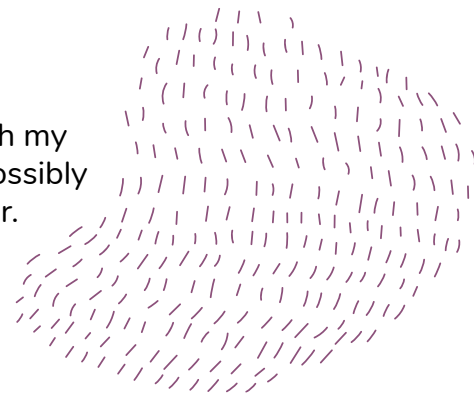
- Gratitude #1 _____
- Gratitude #2 _____
- Gratitude #3 _____

Grow a mantra and change the chatter.

- The word I will focus on today is. _____
- To decrease negative thought patterns and increase self-awareness and empowerment, today's mantra is:

Create car karma.

- I will practice controlled deep breathing in the car today, in through my nose, out through my mouth. I will come back to my breath and possibly my focus word when I need to or when my mind begins to wander.



Boost bedtime brain.

- I declare my bedtime will be: _____
- I will put my screen to bed at: _____
- I will reflect on my gratitudes right before I go to sleep.