

30 DAYS BETTER

Daily Worksheet

Name:

Write down the specifics for each day of your journey.

Day ____
Motivational Audio/Video:
30+ Minutes of Activity:
5+ Minutes of Meditation:
What Went Well x3, or 1 Thing That Went Well With 3 Details, or 3 New Things You're Grateful For: 1. 2. 3.
Thank You Thursday (when it's Thursday)

Day ____
Motivational Audio/Video:
30+ Minutes of Activity:
5+ Minutes of Meditation:
What Went Well x3, or 1 Thing That Went Well With 3 Details, or 3 New Things You're Grateful For: 1. 2. 3.
Thank You Thursday (when it's Thursday...or whenever you're feeling thankful)

