

YOUR NAME: \_\_\_\_\_

DAY: \_\_\_\_\_

COACH: \_\_\_\_\_

DATE: \_\_\_\_\_

**DAILY AFFIRMATION:**

"My body is healthy and functioning in a very good way."

**TODAY, I'M GRATEFUL FOR:**

\_\_\_\_\_  
\_\_\_\_\_

**DAILY STRESS REDUCTION:**

**GO SKATING OR RIDE A BIKE:** Free your mind • Enjoy nature's scenery, and take in everything around you



One thing I did for myself today is:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

The obstacle(s) that I faced today were:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How I overcame, or plan to overcome the obstacle(s) if they happen again:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Notes or Questions for my Coach:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**MY GOAL FOR TOMORROW IS:**

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
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CHAPTER 3

