**HOW TO HAVE THE BEST DAY EVER**

1. **Record the time and place, and years from now you’ll remember this moment.**

2. **Assess your energy level to get present.**

3. **Describe your energy level to gain clarity.**

4. **Commit to something that energizes you to power up and unlock the passion inside of you.**

5. **Before your day gets hijacked, put yourself first by describing your top project for the day.**

6. **Give your commitment to action a boost by describing why this project matters to you.**

7. **Harvard researchers say one small move forward taps the “Progress Principle” to boost happiness.**

8. **Give your work a deadline, then plan backwards to increase productivity and guarantee life balance.**

9. **To tap the power of gratitude, savor one thing about this moment.**

10. **If you can identify the obstacle, you can remove it.**

11. **Free your mind of to-do lists and worries so you can focus.**

12. **Schedule the important stuff in to make it happen.**

13. **A new challenge each morning will help you build confidence every day.**

14. **Coach yourself! Did you complete yesterday’s challenge? If so, what’d you learn?**

15. **Step outside your comfort zone. A little bit goes a long way.**
TODAY I FEEL
(C’MON, BE HONEST - CIRCLE ONE)

I FEEL THIS WAY BECAUSE ...

•
•
•

TO FEEL MORE ENERGIZED I CAN ...
(WHAT PEOPLE OR ACTIVITIES GIVE YOU A BOOST?)

TODAY, MY TOP PROJECT IS ...

THIS PROJECT MATTERS TO ME BECAUSE ...

•
•
•

ONE SMALL ACTION I CAN TAKE TO MOVE FORWARD IS ...

RIGHT NOW, I’M GRATEFUL FOR ...

TODAY, I WILL STOP WORKING AT ...

AM / PM

THE CONFIDENCE CORNER
(PUSH YOURSELF TO DO THIS RESEARCH-BACKED EXERCISE AND WATCH YOUR CONFIDENCE SOAR)

YESTERDAY, DID YOU TAKE A COLD SHOWER? Y / N (CIRCLE ONE)

IF “YES,” DESCRIBE WHAT YOU LEARNED. IF “NO,” WHY NOT?

TODAY’S CHALLENGE
SPEND 20 MINUTES JOURNALING.

WHEN I’M GOING TO DO IT:

THE BIGGEST OBSTACLE IN MY WAY:

You’re awesome! Go rock the day! 😊👍🌟