



DAILY MIND CLEANSE	ITEMS FOR OTHERS TO DO. MARK WHO	MY HIGH VALUE ITEMS		WHAT IS YOUR ONE SMUUT GOAL?
		DO TODAY	SCHEDULE	
				<ul style="list-style-type: none">
				WHAT ARE YOUR 3 SUB GOALS?
				<ul style="list-style-type: none">
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				TODAY'S 6 ACTIONS?
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				<ul style="list-style-type: none">
				TODAY'S INTENTION/AFFIRMATION
				<ul style="list-style-type: none">
				WHAT AM I HAPPY & GRATEFUL FOR TODAY?
				<ul style="list-style-type: none">
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				WHO TO THANK/ APPRECIATE TODAY?
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				<ul style="list-style-type: none">
				REFLECTION: TODAY'S WINS & LEARNS
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