



daily love list

begins within

- ☐ Meditate (Clear the Mind)

- ☐ Journal (Clear the heart)

- ☐ Pray (Ask, Listen, Receive)

- ☐ Find Your Feet (Start Where You Are)

- ☐ Move Your Body (Get Out of Your Way)

- ☐ Water Before Caffeine

- ☐ 3 deep breaths

- ☐ Fuel the body (Fuel > Fill)

work hard to **LIVYOUNG**
