

LIFE MAKEOVER TIP #1

Daily Progress Reflection

1. What am I grateful for today?
2. What do I want to accomplish this year?
3. Did I challenge myself, step out of my comfort zone or face a fear?
4. What can I do to prepare for a better outcome tomorrow?
5. What did I learn about myself?

FOR BEST RESULTS ANSWER THESE
QUESTIONS BEFORE GOING TO BED.
CONSISTENCY IS KEY AND WHAT
GETS MEASURED GETS MANAGED.

Create A Better Tomorrow, Today.

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