

Day by Day Mindset

Step 1: Ground Yourself in the Morning (5 Minutes)

- Before checking your phone, sit still.
 - Take 3 deep breaths.
 - Set a simple intention. (Examples: "Today, I will do my best and try my hardest.")
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Step 2: Break the Day into Pieces

- Focus only on the next thing. Not the whole day, not the whole week.
 - Write a "mini list" of 1-3 things you need to do or get done that day.
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Step 3: Feel Your Feelings

- Pause when emotions hit. Label them: "This is anxiety." "This is sadness."
 - Give yourself permission: "It's okay to feel this."
 - Move your body. (Walk, run, stretch.)
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Step 4: Create Tiny Wins Throughout the Day

- Hydrate. (One glass of water = a win.)
 - Send a text to a friend to say hi.
 - Cross off something (Make bed, study for one hour)
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Step 5: Evening Reset

- Ask yourself two questions:
 1. What went well today?
 2. What's one thing I can try differently tomorrow?
- Write it down or just reflect.

Bonus Mindset: You Are Not Behind

There is no "late" in life. You are not behind schedule. You are right on time!

Final Words

You don't have to "crush it" every day. Showing up for yourself and trying your best is brave enough. Take it minute by minute, hour by hour, and trust that you are doing better than you think.

You've got this.

xoxo,

Lana