Morning routine – complete before noon  Positive affirmations with music (3 times each)  I feel worthy and deserving of being loved, valued and appreciated.  I feel loved, valued and appreciated.  I feel safeul every day.  I feel safe and content.  I am" poster with music (2 minutes)  Sing a song  Align your body with hero pose (90 seconds)  Diet Modification – complete any time during the day  Drink 8 glasses of water  Eat 5 servings of fruits and/or vegetables  Good quality B complex supplement  Daily action steps – complete any time during the day  30 minutes gaining accomplishment energy: Spend 30 minutes tidying, decluttering, cleaning, organizing and/or de-junking your physical environment in your home, car or office.  Small act of kindness, compassion or service for someone else – It can be as simple as a smile or a kind word. Do something to make someone else feel happy or to make the world a better place.  Evening routine – complete before midnight  Positive affirmations with music (3 times each)  I am worthy and deserving of being loved, valued and appreciated.  I love and valued and appreciated.  I am loved, valued and appreciated.  I am hopeful and happy.  I am safe and content.	Sample phase 3	Completed
I feel worthy and deserving of being loved, valued and appreciated.  I feel loved, valued and appreciated.  I feel grateful every day.  I feel hopeful and happy.  I feel safe and content.  Tam" poster with music (2 minutes)  Sing a song  Align your body with hero pose (90 seconds)  Diet Modification – complete any time during the day  Drink 8 glasses of water  Eat 5 servings of fruits and/or vegetables  Good quality B complex supplement  Daily action steps – complete any time during the day  30 minutes gaining accomplishment energy:  Spend 30 minutes tidying, decluttering, cleaning, organizing and/or de-junking your physical environment in your home, car or office.  Small act of kindness, compassion or service for someone else – It can be as simple as a smile or a kind word. Do something to make someone else feel happy or to make the world a better place.  Evening routine – complete before midnight  Positive affirmations with music (3 times each)  I am worthy and deserving of being loved, valued and appreciated.  I love and valued and appreciated.  I love and valued myself.  I am hopeful and happy.  I am safe and content.	Morning routine – complete before noon	
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"I am" poster with music (2 minutes)		
Write 2 things you're grateful for		
Write 2 success (big or small) that you had today	Write 2 success (big or small) that you had today	