

Sample phase 3	Completed
Morning routine – complete before noon	
Positive affirmations with music (3 times each) <ul style="list-style-type: none"> • 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. 	
"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) <ul style="list-style-type: none"> • I am worthy and deserving of being loved, valued and appreciated. • I am loved, valued and appreciated. • I love and value myself. • I am hopeful and happy. • I am safe and content. 	
"I am" poster with music (2 minutes)	
Write 2 things you're grateful for	
Write 2 success (big or small) that you had today	