



Daily Kick-Ass List

This stuff works!

DAILY APPRECIATION: (Best if done in the morning but you can really do it whenever you feel like it. The key is to create the space to do it every day!)

Allow yourself to feel appreciation when you think about these things and take a minute to bask in the juicy good feelings.

List 3 things you appreciate about your life and the people in it.

- 1.
- 2.
- 3.

List 3 things you like about yourself today.

- 1.
- 2.
- 3.

What are you excited about today?



Evening practice- At the end of your day take some time to reflect on these things and write them down.

DAILY ACCOMPLISHMENTS

List 3 things that you rocked out today no matter how big or small.

- 1.
- 2.
- 3.

What felt easy and totally worked for you?

What do you want more of?