Daily "To-do" List for _____
Goal: To Start off Strong and Create Spirit-Mind-Body Synergy

1. **SURRENDER MY WILL (God/Spirit)**
   - **Connect With Spirit:** How Will I connect with Spirit and ask God to guide me today? (ex: Serenity prayer, journaling, reading devotional, meditation, nature etc.)
     Your answer here: _____
2. **GET FOCUSED (Mind)**
   - **Set Intentions:** How do I want to feel no matter what is going on around me? (ex: Focused, contented, loving, creative, peaceful, inspired, etc.)
     Your answer here: _____
   - **Affirmation based on Intention:** Positive statement to write or say often.
     Ex: "I face my challenges with courage and creativity."
     Your affirmation here:_____
3. **MOVE MY FEET(Body)**
   - **Take Inspired Action:** Nurture and move your body
     Ex: Healthy low sugar breakfast with protein, walk, yoga, stretching, etc.
     Your Action here:_____

   - **Set Daily Goals based on priorities** staying flexible, self compassionate and light-hearted ☺ Set Your Goals adding specific action steps you need to take to achieve the goal below:

Goal: _____

1_____
2_____
3_____
4_____

Goal: _____

1_____
2_____
3_____
4_____

Goal: _____

1_____
2_____
3_____
4_____