

Body-for-LIFE**The Power Mindset**

Please write down 5 things you can do between now and this time tomorrow that will help you move forward in the direction of your 12-week goals.

PLAN		ACTUAL
1		
2		
3		
4		
5		

Body-for-LIFE**The Universal Law of Reciprocation**

Please write down 2 things you can do between now and this time tomorrow to support and encourage others.

PLAN		ACTUAL
1		
2		

Body-for-LIFE**Focus on Progress, Not Perfection**

Please write down 3 things you did very well today that helped you move toward the achievement of your 12-week goals.

1	
2	
3	

Please write down one thing you will do even better tomorrow.

1	
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Notes: