



DAILY HABITS

1. Read your "WHY am I Defiantly Committed committed to this 8 week journey" statement
2. Daily post in our Private FB Group
3. Rockstar (brag book) / progress
4. 5 appreciations (especially when you don't want to)!
5. Surrender & letting go practice
6. Play your favorite music
7. Read your top value TOGETHER EVERY DAY