

*Video 3 - Support: For this worksheet, I've made a checklist to help hold you accountable. Print this off or replicate it in a journal and be sure to work through each one.*

Write out a bold new affirmation to read morning and night.

Write out a powerful new morning ritual that will suit you and help you take control of your day.

Decide on the one thing you need more than anything to support your own transformation - e.g. running / journaling - and commit for seven days to get moving.

*You can use the space below to draft out your new affirmation:*

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*You can use the space below to draft out your new morning ritual:*

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