

---

**Health Made Simple**  
Revised 2<sup>nd</sup> Edition  
**Workbook**

---

# Health Made Simple

Revised 2<sup>nd</sup> Edition

## Workbook

---

**Robb Wallace**

Copyright © 2015 Robb Wallace

All rights reserved. This book or any portion thereof may not be reproduced or used in any manner whatsoever without the express written permission of the publisher except for the use of brief quotations in a book review or scholarly journal.

First Printing: 2015

[www.healthmadesimple.info](http://www.healthmadesimple.info)

To my partner Donna for being awesome :)

Thank you, for your continual support, patience and belief.

[www.healthmadesimple.info](http://www.healthmadesimple.info)

2015

# Task I

Benefits	Negatives
	Positives

## Task II

The things you wish to achieve.

# TASK III

---

---

## Goals

Main

---

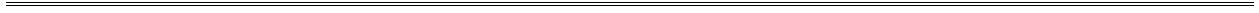
Breakdown into small achievable targets.

## TASK IV

---

Use colour and creativity; decorate the page with appropriate positive words, images and affirmations.

---



# TASK V

Finishing Post



# Task VI

Letter to yourself.

# Declaration

---

I .....am worthy of living my life in full health.

I .....am committed to achieving optimum health in my life for myself.

**Signed.....Dated.....**



<b>TIME</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>

Make your own timetable.

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>

Plan out some delicious meal options.

Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious</u></b>      <b><u>Breath</u></b>  <b><u>Work</u></b>          YES                      <input type="checkbox"/>          NO                         <input type="checkbox"/>  <b><u>Water</u></b>          &lt; Litre                      <input type="checkbox"/>          &gt;Litre                       <input type="checkbox"/></p>
<p>Today's key word -           Today's Mini Goal-</p>	<p><b><u>Food</u></b>          Mainly Processed      <input type="checkbox"/>          50/50                       <input type="checkbox"/>          Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy</u></b>  <b><u>Work</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                    <input type="checkbox"/>          &gt; 30 min                    <input type="checkbox"/>  <b><u>Exercise</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                    <input type="checkbox"/>          &gt; 30 min                    <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                    <input type="checkbox"/>          &gt; 30 min                    <input type="checkbox"/></p>

**You are amazing and worthy of everything you put your mind too. Lets do this!! - Robb**

Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious</u></b>      <b><u>Breath</u></b>  <b><u>Work</u></b>          YES                      <input type="checkbox"/>          NO                         <input type="checkbox"/>  <b><u>Water</u></b>          &lt; Litre                      <input type="checkbox"/>          &gt;Litre                       <input type="checkbox"/></p>
<p>Today's key word -           Today's Mini Goal-</p>	<p><b><u>Food</u></b>          Mainly Processed      <input type="checkbox"/>          50/50                        <input type="checkbox"/>          Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy</u></b>  <b><u>Work</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/>  <b><u>Exercise</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>

**Even if nobody believes in me, supports me, or recognises my effort. I will keep going!**

Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious</u></b>      <b><u>Breath</u></b>  <b><u>Work</u></b></p> <p>YES                      <input type="checkbox"/></p> <p>NO                        <input type="checkbox"/></p> <p><b><u>Water</u></b></p> <p>&lt; Litre                      <input type="checkbox"/></p> <p>&gt;Litre                      <input type="checkbox"/></p>
<p>Today's key word -</p> <p>Today's Mini Goal-</p>	<p><b><u>Food</u></b></p> <p>Mainly Processed      <input type="checkbox"/></p> <p>50/50                      <input type="checkbox"/></p> <p>Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy</u></b>  <b><u>Work</u></b></p> <p>None                      <input type="checkbox"/></p> <p>&lt; 30 min                      <input type="checkbox"/></p> <p>&gt; 30 min                      <input type="checkbox"/></p> <p><b><u>Exercise</u></b></p> <p>None                      <input type="checkbox"/></p> <p>&lt; 30 min                      <input type="checkbox"/></p> <p>&gt; 30 min                      <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b></p> <p>None                      <input type="checkbox"/></p> <p>&lt; 30 min                      <input type="checkbox"/></p> <p>&gt; 30 min                      <input type="checkbox"/></p>

**You can't start the next chapter of your life if you keep re-reading the last one.**



Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious</u></b>      <b><u>Breath</u></b>  <b><u>Work</u></b>          YES                      <input type="checkbox"/>          NO                        <input type="checkbox"/>  <b><u>Water</u></b>          &lt; Litre                      <input type="checkbox"/>          &gt;Litre                        <input type="checkbox"/></p>
<p>Today's key word -           Today's Mini Goal-</p>	<p><b><u>Food</u></b>          Mainly Processed      <input type="checkbox"/>          50/50                        <input type="checkbox"/>          Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy</u></b>  <b><u>Work</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/>  <b><u>Exercise</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>

**Don't let the weekends ruin your progress, fight hard towards self control.**

Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious</u></b>      <b><u>Breath</u></b>  <b><u>Work</u></b>          YES                      <input type="checkbox"/>          NO                         <input type="checkbox"/>  <b><u>Water</u></b>          &lt; Litre                      <input type="checkbox"/>          &gt;Litre                       <input type="checkbox"/></p>
<p>Today's key word -           Today's Mini Goal-</p>	<p><b><u>Food</u></b>          Mainly Processed      <input type="checkbox"/>          50/50                        <input type="checkbox"/>          Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy</u></b>  <b><u>Work</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                    <input type="checkbox"/>          &gt; 30 min                    <input type="checkbox"/>  <b><u>Exercise</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                    <input type="checkbox"/>          &gt; 30 min                    <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                    <input type="checkbox"/>          &gt; 30 min                    <input type="checkbox"/></p>

**You don't have to be great to start, but you have to start to be great!**

Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious Breath</u></b>  <b><u>Work</u></b>          YES <input type="checkbox"/>          NO <input type="checkbox"/>  <b><u>Water</u></b>          &lt; Litre <input type="checkbox"/>          &gt;Litre <input type="checkbox"/></p>
<p>Today's key word -           Today's Mini Goal-</p>	<p><b><u>Food</u></b>          Mainly Processed <input type="checkbox"/>          50/50 <input type="checkbox"/>          Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy Work</u></b>          None <input type="checkbox"/>          &lt; 30 min <input type="checkbox"/>          &gt; 30 min <input type="checkbox"/>  <b><u>Exercise</u></b>          None <input type="checkbox"/>          &lt; 30 min <input type="checkbox"/>          &gt; 30 min <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b>          None <input type="checkbox"/>          &lt; 30 min <input type="checkbox"/>          &gt; 30 min <input type="checkbox"/></p>

**When your legs ache, your body burns, and there's sweat all over .... You know you're doing something right!! DON'T give up!**

Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious</u></b>      <b><u>Breath</u></b>  <b><u>Work</u></b>          YES                      <input type="checkbox"/>          NO                        <input type="checkbox"/>  <b><u>Water</u></b>          &lt; Litre                      <input type="checkbox"/>          &gt;Litre                        <input type="checkbox"/></p>
<p>Today's key word -           Today's Mini Goal-</p>	<p><b><u>Food</u></b>          Mainly Processed      <input type="checkbox"/>          50/50                        <input type="checkbox"/>          Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy</u></b>  <b><u>Work</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/>  <b><u>Exercise</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>

**Train like an athlete, Eat like a nutritionist, sleep like a baby, win like a champion.**

Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious Breath</u></b>  <b><u>Work</u></b>          YES <input type="checkbox"/>          NO <input type="checkbox"/>  <b><u>Water</u></b>          &lt; Litre <input type="checkbox"/>          &gt;Litre <input type="checkbox"/></p>
<p>Today's key word -           Today's Mini Goal-</p>	<p><b><u>Food</u></b>          Mainly Processed <input type="checkbox"/>          50/50 <input type="checkbox"/>          Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy Work</u></b>          None <input type="checkbox"/>          &lt; 30 min <input type="checkbox"/>          &gt; 30 min <input type="checkbox"/>  <b><u>Exercise</u></b>          None <input type="checkbox"/>          &lt; 30 min <input type="checkbox"/>          &gt; 30 min <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b>          None <input type="checkbox"/>          &lt; 30 min <input type="checkbox"/>          &gt; 30 min <input type="checkbox"/></p>

**Make yourself proud.**

Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious</u></b>      <b><u>Breath</u></b>  <b><u>Work</u></b>          YES                      <input type="checkbox"/>          NO                        <input type="checkbox"/>  <b><u>Water</u></b>          &lt; Litre                      <input type="checkbox"/>          &gt;Litre                        <input type="checkbox"/></p>
<p>Today's key word -           Today's Mini Goal-</p>	<p><b><u>Food</u></b>          Mainly Processed      <input type="checkbox"/>          50/50                        <input type="checkbox"/>          Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy</u></b>  <b><u>Work</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/>  <b><u>Exercise</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>

**Let your smile change the world but, don't let the world change your smile.**

Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious</u></b>      <b><u>Breath</u></b>  <b><u>Work</u></b></p> <p>YES                      <input type="checkbox"/></p> <p>NO                        <input type="checkbox"/></p> <hr/> <p><b><u>Water</u></b></p> <p>&lt; Litre                      <input type="checkbox"/></p> <p>&gt;Litre                      <input type="checkbox"/></p>
<p>Today's key word -</p> <p>Today's Mini Goal-</p>	<p><b><u>Food</u></b></p> <p>Mainly Processed      <input type="checkbox"/></p> <p>50/50                      <input type="checkbox"/></p> <p>Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy</u></b>  <b><u>Work</u></b></p> <p>None                      <input type="checkbox"/></p> <p>&lt; 30 min                      <input type="checkbox"/></p> <p>&gt; 30 min                      <input type="checkbox"/></p> <hr/> <p><b><u>Exercise</u></b></p> <p>None                      <input type="checkbox"/></p> <p>&lt; 30 min                      <input type="checkbox"/></p> <p>&gt; 30 min                      <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b></p> <p>None                      <input type="checkbox"/></p> <p>&lt; 30 min                      <input type="checkbox"/></p> <p>&gt; 30 min                      <input type="checkbox"/></p>

**The hardest step for a runner is the first one out of the front door.**

Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious</u></b>      <b><u>Breath</u></b>  <b><u>Work</u></b>          YES                      <input type="checkbox"/>          NO                         <input type="checkbox"/>  <b><u>Water</u></b>          &lt; Litre                      <input type="checkbox"/>          &gt;Litre                       <input type="checkbox"/></p>
<p>Today's key word -           Today's Mini Goal-</p>	<p><b><u>Food</u></b>          Mainly Processed      <input type="checkbox"/>          50/50                        <input type="checkbox"/>          Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy</u></b>  <b><u>Work</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/>  <b><u>Exercise</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>

**Nothing tastes as good as being health feels.**



Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious Breath</u></b>  <b><u>Work</u></b>          YES <input type="checkbox"/>          NO <input type="checkbox"/>  <b><u>Water</u></b>          &lt; Litre <input type="checkbox"/>          &gt;Litre <input type="checkbox"/></p>
<p>Today's key word -           Today's Mini Goal-</p>	<p><b><u>Food</u></b>          Mainly Processed <input type="checkbox"/>          50/50 <input type="checkbox"/>          Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy Work</u></b>          None <input type="checkbox"/>          &lt; 30 min <input type="checkbox"/>          &gt; 30 min <input type="checkbox"/>  <b><u>Exercise</u></b>          None <input type="checkbox"/>          &lt; 30 min <input type="checkbox"/>          &gt; 30 min <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b>          None <input type="checkbox"/>          &lt; 30 min <input type="checkbox"/>          &gt; 30 min <input type="checkbox"/></p>

**You can if you think you can .**

Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious Breath</u></b>  <b><u>Work</u></b>          YES <input type="checkbox"/>          NO <input type="checkbox"/>  <b><u>Water</u></b>          &lt; Litre <input type="checkbox"/>          &gt;Litre <input type="checkbox"/></p>
<p>Today's key word -           Today's Mini Goal-</p>	<p><b><u>Food</u></b>          Mainly Processed <input type="checkbox"/>          50/50 <input type="checkbox"/>          Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy Work</u></b>          None <input type="checkbox"/>          &lt; 30 min <input type="checkbox"/>          &gt; 30 min <input type="checkbox"/>  <b><u>Exercise</u></b>          None <input type="checkbox"/>          &lt; 30 min <input type="checkbox"/>          &gt; 30 min <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b>          None <input type="checkbox"/>          &lt; 30 min <input type="checkbox"/>          &gt; 30 min <input type="checkbox"/></p>

**Don't make excuses make progress.**

Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious</u></b>      <b><u>Breath</u></b>  <b><u>Work</u></b>          YES                      <input type="checkbox"/>          NO                        <input type="checkbox"/>  <b><u>Water</u></b>          &lt; Litre                      <input type="checkbox"/>          &gt;Litre                      <input type="checkbox"/></p>
<p>Today's key word -           Today's Mini Goal-</p>	<p><b><u>Food</u></b>          Mainly Processed      <input type="checkbox"/>          50/50                      <input type="checkbox"/>          Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy</u></b>  <b><u>Work</u></b>          None                      <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/>  <b><u>Exercise</u></b>          None                      <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b>          None                      <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>

**Take care of your body. It's the only place you have to live.**

Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious</u></b>      <b><u>Breath</u></b>  <b><u>Work</u></b>          YES                      <input type="checkbox"/>          NO                        <input type="checkbox"/>  <b><u>Water</u></b>          &lt; Litre                      <input type="checkbox"/>          &gt;Litre                        <input type="checkbox"/></p>
<p>Today's key word -           Today's Mini Goal-</p>	<p><b><u>Food</u></b>          Mainly Processed      <input type="checkbox"/>          50/50                        <input type="checkbox"/>          Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy</u></b>  <b><u>Work</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/>  <b><u>Exercise</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>

**No matter how slow you go, you are still lapping everyone on the couch.**

Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious</u></b>      <b><u>Breath</u></b>  <b><u>Work</u></b>          YES                      <input type="checkbox"/>          NO                         <input type="checkbox"/>  <b><u>Water</u></b>          &lt; Litre                      <input type="checkbox"/>          &gt;Litre                        <input type="checkbox"/></p>
<p>Today's key word -           Today's Mini Goal-</p>	<p><b><u>Food</u></b>          Mainly Processed      <input type="checkbox"/>          50/50                        <input type="checkbox"/>          Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy</u></b>  <b><u>Work</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/>  <b><u>Exercise</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>

**It took more than a day to put it on . It will take more than a day to take it off.**

Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious</u></b>      <b><u>Breath</u></b>  <b><u>Work</u></b>          YES                      <input type="checkbox"/>          NO                        <input type="checkbox"/>  <b><u>Water</u></b>          &lt; Litre                      <input type="checkbox"/>          &gt;Litre                        <input type="checkbox"/></p>
<p>Today's key word -           Today's Mini Goal-</p>	<p><b><u>Food</u></b>          Mainly Processed      <input type="checkbox"/>          50/50                        <input type="checkbox"/>          Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy</u></b>  <b><u>Work</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/>  <b><u>Exercise</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>

**We are what we repeatedly do. Excellence, therefore is not an act, but a habit. Aristotle**

Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious</u></b>      <b><u>Breath</u></b>  <b><u>Work</u></b>          YES                      <input type="checkbox"/>          NO                        <input type="checkbox"/>  <b><u>Water</u></b>          &lt; Litre                      <input type="checkbox"/>          &gt;Litre                        <input type="checkbox"/></p>
<p>Today's key word -           Today's Mini Goal-</p>	<p><b><u>Food</u></b>          Mainly Processed      <input type="checkbox"/>          50/50                        <input type="checkbox"/>          Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy</u></b>  <b><u>Work</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/>  <b><u>Exercise</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>

**Today I am thankful for.....**

Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious</u></b>      <b><u>Breath</u></b>  <b><u>Work</u></b>          YES                      <input type="checkbox"/>          NO                        <input type="checkbox"/>  <b><u>Water</u></b>          &lt; Litre                      <input type="checkbox"/>          &gt;Litre                        <input type="checkbox"/></p>
<p>Today's key word -           Today's Mini Goal-</p>	<p><b><u>Food</u></b>          Mainly Processed      <input type="checkbox"/>          50/50                        <input type="checkbox"/>          Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy</u></b>  <b><u>Work</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/>  <b><u>Exercise</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>

**Your mind gives up before your legs do .**



Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious</u></b>      <b><u>Breath</u></b>  <b><u>Work</u></b>          YES                      <input type="checkbox"/>          NO                         <input type="checkbox"/>  <b><u>Water</u></b>          &lt; Litre                      <input type="checkbox"/>          &gt;Litre                       <input type="checkbox"/></p>
<p>Today's key word -           Today's Mini Goal-</p>	<p><b><u>Food</u></b>          Mainly Processed      <input type="checkbox"/>          50/50                       <input type="checkbox"/>          Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy</u></b>  <b><u>Work</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/>  <b><u>Exercise</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>

**In order to change your body . You must first change your mind.**

Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious</u></b>      <b><u>Breath</u></b>  <b><u>Work</u></b></p> <p>YES                      <input type="checkbox"/></p> <p>NO                        <input type="checkbox"/></p> <hr/> <p><b><u>Water</u></b></p> <p>&lt; Litre                      <input type="checkbox"/></p> <p>&gt;Litre                      <input type="checkbox"/></p>
<p>Today's key word -</p> <p>Today's Mini Goal-</p>	<p><b><u>Food</u></b></p> <p>Mainly Processed      <input type="checkbox"/></p> <p>50/50                      <input type="checkbox"/></p> <p>Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy</u></b>  <b><u>Work</u></b></p> <p>None                      <input type="checkbox"/></p> <p>&lt; 30 min                      <input type="checkbox"/></p> <p>&gt; 30 min                      <input type="checkbox"/></p> <hr/> <p><b><u>Exercise</u></b></p> <p>None                      <input type="checkbox"/></p> <p>&lt; 30 min                      <input type="checkbox"/></p> <p>&gt; 30 min                      <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b></p> <p>None                      <input type="checkbox"/></p> <p>&lt; 30 min                      <input type="checkbox"/></p> <p>&gt; 30 min                      <input type="checkbox"/></p>

**If you keep good food in your kitchen , you will eat good food.**

Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious</u></b>      <b><u>Breath</u></b>  <b><u>Work</u></b>          YES                      <input type="checkbox"/>          NO                        <input type="checkbox"/>  <b><u>Water</u></b>          &lt; Litre                      <input type="checkbox"/>          &gt;Litre                        <input type="checkbox"/></p>
<p>Today's key word -           Today's Mini Goal-</p>	<p><b><u>Food</u></b>          Mainly Processed      <input type="checkbox"/>          50/50                        <input type="checkbox"/>          Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy</u></b>  <b><u>Work</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/>  <b><u>Exercise</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>

**What would you attempt to do if you knew you could not fail.**

Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious</u></b>      <b><u>Breath</u></b>  <b><u>Work</u></b>          YES                      <input type="checkbox"/>          NO                         <input type="checkbox"/>  <b><u>Water</u></b>          &lt; Litre                      <input type="checkbox"/>          &gt;Litre                        <input type="checkbox"/></p>
<p>Today's key word -           Today's Mini Goal-</p>	<p><b><u>Food</u></b>          Mainly Processed      <input type="checkbox"/>          50/50                        <input type="checkbox"/>          Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy</u></b>  <b><u>Work</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/>  <b><u>Exercise</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>

**The future belongs to those who believe in the beauty of their dreams.**

Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious</u></b>      <b><u>Breath</u></b>  <b><u>Work</u></b>          YES                      <input type="checkbox"/>          NO                         <input type="checkbox"/>  <b><u>Water</u></b>          &lt; Litre                      <input type="checkbox"/>          &gt;Litre                        <input type="checkbox"/></p>
<p>Today's key word -           Today's Mini Goal-</p>	<p><b><u>Food</u></b>          Mainly Processed      <input type="checkbox"/>          50/50                        <input type="checkbox"/>          Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy</u></b>  <b><u>Work</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/>  <b><u>Exercise</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>

**Make today ridiculously amazing.**

Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious Breath</u></b>  <b><u>Work</u></b>          YES <input type="checkbox"/>          NO <input type="checkbox"/>  <b><u>Water</u></b>          &lt; Litre <input type="checkbox"/>          &gt;Litre <input type="checkbox"/></p>
<p>Today's key word -           Today's Mini Goal-</p>	<p><b><u>Food</u></b>          Mainly Processed <input type="checkbox"/>          50/50 <input type="checkbox"/>          Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy Work</u></b>          None <input type="checkbox"/>          &lt; 30 min <input type="checkbox"/>          &gt; 30 min <input type="checkbox"/>  <b><u>Exercise</u></b>          None <input type="checkbox"/>          &lt; 30 min <input type="checkbox"/>          &gt; 30 min <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b>          None <input type="checkbox"/>          &lt; 30 min <input type="checkbox"/>          &gt; 30 min <input type="checkbox"/></p>

**Be the best version of you.**

Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious</u></b>      <b><u>Breath</u></b>  <b><u>Work</u></b>          YES                      <input type="checkbox"/>          NO                         <input type="checkbox"/>  <b><u>Water</u></b>          &lt; Litre                      <input type="checkbox"/>          &gt;Litre                        <input type="checkbox"/></p>
<p>Today's key word -           Today's Mini Goal-</p>	<p><b><u>Food</u></b>          Mainly Processed      <input type="checkbox"/>          50/50                        <input type="checkbox"/>          Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy</u></b>  <b><u>Work</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/>  <b><u>Exercise</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>

**Health is a relationship between you and your body.**

Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious</u></b>      <b><u>Breath</u></b>  <b><u>Work</u></b>          YES                      <input type="checkbox"/>          NO                         <input type="checkbox"/>  <b><u>Water</u></b>          &lt; Litre                      <input type="checkbox"/>          &gt;Litre                        <input type="checkbox"/></p>
<p>Today's key word -           Today's Mini Goal-</p>	<p><b><u>Food</u></b>          Mainly Processed      <input type="checkbox"/>          50/50                        <input type="checkbox"/>          Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy</u></b>  <b><u>Work</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/>  <b><u>Exercise</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>

**Push lazy aside, get up and move. It will not happen unless you make it happen.**



Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious Breath</u></b>  <b><u>Work</u></b>          YES <input type="checkbox"/>          NO <input type="checkbox"/>  <b><u>Water</u></b>          &lt; Litre <input type="checkbox"/>          &gt;Litre <input type="checkbox"/></p>
<p>Today's key word -           Today's Mini Goal-</p>	<p><b><u>Food</u></b>          Mainly Processed <input type="checkbox"/>          50/50 <input type="checkbox"/>          Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy Work</u></b>          None <input type="checkbox"/>          &lt; 30 min <input type="checkbox"/>          &gt; 30 min <input type="checkbox"/>  <b><u>Exercise</u></b>          None <input type="checkbox"/>          &lt; 30 min <input type="checkbox"/>          &gt; 30 min <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b>          None <input type="checkbox"/>          &lt; 30 min <input type="checkbox"/>          &gt; 30 min <input type="checkbox"/></p>

**A healthy outside starts from a healthy inside.**

Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious</u></b>      <b><u>Breath</u></b>  <b><u>Work</u></b>          YES                      <input type="checkbox"/>          NO                        <input type="checkbox"/>  <b><u>Water</u></b>          &lt; Litre                      <input type="checkbox"/>          &gt;Litre                        <input type="checkbox"/></p>
<p>Today's key word -           Today's Mini Goal-</p>	<p><b><u>Food</u></b>          Mainly Processed      <input type="checkbox"/>          50/50                        <input type="checkbox"/>          Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy</u></b>  <b><u>Work</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/>  <b><u>Exercise</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>

**Today I will do what other won't, so tomorrow I can do what others can't.**

Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious</u></b>      <b><u>Breath</u></b>  <b><u>Work</u></b>          YES                      <input type="checkbox"/>          NO                         <input type="checkbox"/>  <b><u>Water</u></b>          &lt; Litre                      <input type="checkbox"/>          &gt;Litre                       <input type="checkbox"/></p>
<p>Today's key word -           Today's Mini Goal-</p>	<p><b><u>Food</u></b>          Mainly Processed      <input type="checkbox"/>          50/50                       <input type="checkbox"/>          Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy</u></b>  <b><u>Work</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/>  <b><u>Exercise</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>

**A year from now you will have wished you had started today.**

Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious</u></b>      <b><u>Breath</u></b>  <b><u>Work</u></b>          YES                      <input type="checkbox"/>          NO                        <input type="checkbox"/>  <b><u>Water</u></b>          &lt; Litre                      <input type="checkbox"/>          &gt;Litre                        <input type="checkbox"/></p>
<p>Today's key word -           Today's Mini Goal-</p>	<p><b><u>Food</u></b>          Mainly Processed      <input type="checkbox"/>          50/50                        <input type="checkbox"/>          Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy</u></b>  <b><u>Work</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/>  <b><u>Exercise</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>

**“I really regret eating health today” said no one, ever!**

Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious</u></b>      <b><u>Breath</u></b>  <b><u>Work</u></b>          YES                      <input type="checkbox"/>          NO                         <input type="checkbox"/>  <b><u>Water</u></b>          &lt; Litre                      <input type="checkbox"/>          &gt;Litre                        <input type="checkbox"/></p>
<p>Today's key word -           Today's Mini Goal-</p>	<p><b><u>Food</u></b>          Mainly Processed      <input type="checkbox"/>          50/50                        <input type="checkbox"/>          Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy</u></b>  <b><u>Work</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/>  <b><u>Exercise</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>

**The difference between try and triumph is a little UMPH**

Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious</u></b>      <b><u>Breath</u></b>  <b><u>Work</u></b></p> <p>YES                      <input type="checkbox"/></p> <p>NO                        <input type="checkbox"/></p> <hr/> <p><b><u>Water</u></b></p> <p>&lt; Litre                      <input type="checkbox"/></p> <p>&gt;Litre                      <input type="checkbox"/></p>
<p>Today's key word -</p> <p>Today's Mini Goal-</p>	<p><b><u>Food</u></b></p> <p>Mainly Processed      <input type="checkbox"/></p> <p>50/50                      <input type="checkbox"/></p> <p>Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy</u></b>  <b><u>Work</u></b></p> <p>None                      <input type="checkbox"/></p> <p>&lt; 30 min                      <input type="checkbox"/></p> <p>&gt; 30 min                      <input type="checkbox"/></p> <hr/> <p><b><u>Exercise</u></b></p> <p>None                      <input type="checkbox"/></p> <p>&lt; 30 min                      <input type="checkbox"/></p> <p>&gt; 30 min                      <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b></p> <p>None                      <input type="checkbox"/></p> <p>&lt; 30 min                      <input type="checkbox"/></p> <p>&gt; 30 min                      <input type="checkbox"/></p>

**The Food you eat can be wither the safest and most powerful form of medicine or the slowest form of poison .**

Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious</u></b>      <b><u>Breath</u></b>  <b><u>Work</u></b>          YES                      <input type="checkbox"/>          NO                        <input type="checkbox"/>  <b><u>Water</u></b>          &lt; Litre                      <input type="checkbox"/>          &gt;Litre                        <input type="checkbox"/></p>
<p>Today's key word -           Today's Mini Goal-</p>	<p><b><u>Food</u></b>          Mainly Processed      <input type="checkbox"/>          50/50                        <input type="checkbox"/>          Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy</u></b>  <b><u>Work</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/>  <b><u>Exercise</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>

**Working out doesn't have to be a chore. Have fun with it.**

Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious</u></b>      <b><u>Breath</u></b>  <b><u>Work</u></b>          YES                      <input type="checkbox"/>          NO                        <input type="checkbox"/>  <b><u>Water</u></b>          &lt; Litre                      <input type="checkbox"/>          &gt;Litre                        <input type="checkbox"/></p>
<p>Today's key word -           Today's Mini Goal-</p>	<p><b><u>Food</u></b>          Mainly Processed      <input type="checkbox"/>          50/50                        <input type="checkbox"/>          Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy</u></b>  <b><u>Work</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/>  <b><u>Exercise</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b>          None                        <input type="checkbox"/>          &lt; 30 min                      <input type="checkbox"/>          &gt; 30 min                      <input type="checkbox"/></p>

**“Never give up on what you really want to do. The person with big dreams is more powerful than the one with all the facts” Albert Einstein**



Date ..... Day .....

Grey – Morning

White - Evening

<p>Morning Motivation- Journey to success.</p>	<p><b><u>Conscious</u></b>      <b><u>Breath</u></b>  <b><u>Work</u></b>          YES                      <input type="checkbox"/>          NO                         <input type="checkbox"/>  <b><u>Water</u></b>          &lt; Litre                      <input type="checkbox"/>          &gt;Litre                       <input type="checkbox"/></p>
<p>Today's key word -           Today's Mini Goal-</p>	<p><b><u>Food</u></b>          Mainly Processed      <input type="checkbox"/>          50/50                       <input type="checkbox"/>          Mainly UNprocessed <input type="checkbox"/></p>
<p>Some space to condense today! What have you learned today? About yourself, your goals? What questions arisen from today? What ideas do you need to implement? Positives/Negatives from today? What needs to change?</p>	<p><b><u>Mediation/Energy</u></b>  <b><u>Work</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                    <input type="checkbox"/>          &gt; 30 min                    <input type="checkbox"/>  <b><u>Exercise</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                    <input type="checkbox"/>          &gt; 30 min                    <input type="checkbox"/></p>
<p>Write today's positive statement for yourself.</p>	<p><b><u>Personal Development</u></b>          None                         <input type="checkbox"/>          &lt; 30 min                    <input type="checkbox"/>          &gt; 30 min                    <input type="checkbox"/></p>

**“Mistakes are always forgivable, if one has the courage to admit them” Bruce Lee**

