

# YOUR *DAILY* ROADMAP WORKSHEET

DATE: \_\_\_\_\_

**MORNING** FILL THIS SECTION OUT IN THE MORNING.

**TODAY'S INTENTION** Please make it as specific and measurable as you can:

**FOUNDATION CHECKLIST** Did you remember to: Connect with your anchor? Create your sanctuary? Move your body?

**3 BABY STEPS** What are the three baby steps you intend to take toward your intention?

## **AFTERNOON** FILL THIS SECTION OUT IN THE AFTERNOON.

**JOY BREAK** Take at least five minutes to do something that is just for you and in service to your joy. Write it down below:

## **NIGHT** FILL THIS SECTION OUT IN THE NIGHT.

**EMOTIONALLY AND PHYSICALLY**, how do you feel ? What did you notice about your self-talk and how does your body feel tonight?

**DO YOU FEEL A SENSE OF ACCOMPLISHMENT** with your intention? Did you commit to taking baby steps? (If not, no worries, there is always tomorrow!)

**WHAT DO YOU WANT TO CELEBRATE TODAY?** What do you want to improve on in the future? (Hint: Think about the places where you need to say "yes" and "no" more often.)

**WHAT ARE YOU GRATEFUL FOR TODAY?**