

Mind. Body. Heart. Life

by Dr. Brooke Stuart

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TABLE OF CONTENTS

INTRODUCTION	
Overview & Layout	4
The Weekly Schedule	4
The Daily Checklist	4
How to Set a Powerful Intention	5
Core Principles & Guidelines	8
Heart Based Practice	9
The Free Space	10
Diet & Lifestyle Evaluation	10
Let Go & Grow	12
NEW PARTICIPANT PAPERWORK	13
THE PROGRAM	
Week 1: Foundation	17
Week 2: Mental & Emotional	34
Week 3: Relationships	51
Week 4: Choices, Physiology, & Life Experiences	68
Week 5: Spirituality	85
Week 6: Bringing It All Together	102

OVERVIEW & LAYOUT

This Holistic Journal is meant to help you connect the dots, daily. Here, you can plan your week, check in, set your daily intention, be creative in the free space, take time to evaluate your day and reflect.

In the introductory pages that follow, we will go over:

- The Weekly Schedule
- The Daily Checklist
- How To Set a Powerful Intention
- Heart Based Practice
- The Free Space
- The Diet & Lifestyle Evaluation
- The Reflection Section
- Let Go & Grow

Once you have finished reading over the introduction, your next step will be to fill out the New Participant Paperwork. Then, you can dive in!

THE WEEKLY SCHEDULE

The weekly schedule is your way to create the space you need to complete the program. I recommend that at the beginning of the program and each week you take time to think about when you will be able to complete the items on the daily checklist.

THE DAILY CHECKLIST

The daily checklist is a simple reminder and way to keep you on track. Simply, check the box when you are finished with each task and celebrate your daily accomplishments!

HOW TO SET A POWERFUL INTENTION

Intentions have the power to change the landscape of your choices and life experiences. They are magnetic in nature and have the power to propel you in the direction of your choice-which is why it is so important to learn how to harness your own power of intent. When setting an intention, I recommend focusing on a particular word or phrase. Each word holds its own meaning and focusing on one word or a unique combination of words can be very powerful.

Most people confuse setting an intention with goal setting, and the two, although related, are actually quite different.

Goals are more materialistic in nature and more susceptible to the ego's force, while an intention is what lies beneath the surface.

Because of this, it is easier to set an intention that aligns with who you are than it is to set a goal that is- because goals, although useful at times, can also trip you up. However, a true intention can help life work for and with you and lead you to experiences beyond comprehension.

Goal setting has its limitations and can also box you in, especially if you get caught up in expectation and attachment to the outcome.

So instead, I am going to challenge you to tune into what you actually desire, on a deeper level, so that more of what you truly want can enter into your life. For example, a goal could be to lose 20 lbs., while an intention could be to create health, have confidence and feel beautiful.

Can you see the difference?

While it is great to want to lose 20 lbs., it is much easier to do if you are clear on what lies beneath the surface, your intention.

For example, many people want to lose weight because they feel insecure or unlovable so they mistake weight loss for what they truly want which is love and security.

Which is why, in this program, we are not going to get caught up in the illusion. We are, however, going to reverse engineer it, break it down, extract the essence and use it as a clue or a series of clues and a valuable thread that can lead us to the truth of the matter and into powerful creation.

This is why it is so important to tune into what you desire, set an intention that aligns with it and then let go and release it into the universe.

Step 1: Tune in.

Step 2: Set an intention.

Step 3: Let Go.

Only when you let go and open up to what life has to offer, will your intention then be able to work for you in enchanted ways.

So now, I encourage you to take a moment to tune into what you desire for yourself and your life. Then, take a moment to get clear on the intention behind it.

Once you have your intention, set it, write it down and then, let go.

Remember that through your increased awareness and written creation, it is already here and already happening for and with you.

Finally, it's important to mention that your intention may change throughout the program or it may remain the same. Either way is perfectly okay. Stay intuitive and go with what works for you. Below are some ideas.

Intention Ideas					
Abundance	Confidence	Freedom	Joy	Serenity	
Adventure	Connection	Grace	Light	Serendipity	
Alignment	Courage	Gratitude	Love	Simplicity	
Balance	Creativity	Growth	Motivation	Space	
Beauty	Direction	Guidance	Passion	Strength	
Being	Drive	Happiness	Peace	Sunshine	
Brilliance	Empowerment	Harmony	Presence	Tranquility	
Calm	Energy	Health	Productivity	Transformation	
Change	Enjoyment	Inspiration	Prosperity	Truth	
Clarity	Faith	Interest	Purpose	Vitality	
Compassion	Focus	Intuition	Receptivity	Wholeness	

Once you have acquainted yourself with these two exercises, it is time to officially adventure onto Let Go & Grow so that you can finally experience your own unique and everlasting transformation!

The 5 Core Principles of Let Go & Grow
1. You are the creator of your reality
2. You have the power to choose
3. Challenges are opportunities for growth and development
4. When you get it, your body and life will begin to reflect it
5. Your entire life happens for you not to you

LET GO & GROW GUIDELINES

HEART
Go within and connect to your heart
Notice when you expand and when you contract
Tune in and seek the essence
Cultivate gratitude and appreciate your experiences
Have compassion for yourself and others

BODY	
BODY	
Eat healthy, real food that works for your body	Та
Move your body in a way that you enjoy	Rele
Make time to play, explore and be in nature	Check your i
Take the time to process and reflect	Comr
Optimize your sleep for deep restoration	Enjoy the

LIFE
Take ownership of your life
Release resistance for resilience
Check your intentions to empower your choices
Communicate clearly and directly
Enjoy the journey and focus on the process

HEART BASED PRACTICE

The Heart Based Practice is instrumental to the Let Go & Grow program as it provides the space to process, connect, reflect and increase awareness around your own individual journey and life experiences.

This is your opportunity to intentionally go within and connect, quiet the mind and tap into your heart.

It's important to mention that there is not a time limit on this exercise. I recommend that you do what works best for you, whether you choose to practice this exercise for 3 min. or 30 min., you will still reap the benefits. However, it is important to be consistent, committed, and above all, present-because like any practice, it won't work without you.

Here are the steps...

- FOCUS: First, focus on your heart by intentionally placing both hands
 over the center of your chest or directly over your heart. Choose to go
 within and feel your heart beat. Be the observer as you pay attention to
 the rhythm and feel what you actually feel.
- **BREATHE**: Once your focus is centered, slowly and deeply breathe into your heart, inhale and exhale from your heart.
- EMBRACE & THANK: Once you feel relaxed and present, it is time to
 embrace what is and thank it. Choose to appreciate this moment as you
 thank what is coming up and allow the waves of appreciation and
 gratitude to flow through, wash over and expand your entire life
 experience.
- CULTIVATE: Now that you have created a beautiful state of being, allow appreciation to work for you by expanding upon it. Summon your intention and experience what you desire to create for your life. Hold

this for a moment, and remind yourself that your intention and your creation is already here. It is already yours. Then, let go and allow this experience to propel you throughout the day.

AFFIRMATION: "I choose to appreciate this moment!"
 Finally, throughout the day, feel free to use this affirmation as a reminder to appreciate each moment and to immediately shift it.

 Appreciating each moment will remind you to be present and make the most out of your life experiences.

THE FREE SPACE

The Free Space is the place to work on your assignments, write down your affirmations, celebrate your wins, note your subtle changes and your realizations. This space is whatever you choose to make it. It can be sacred, fun, meaningful or silly. Feel free to be creative. I have seen people make mini vision boards, gratitude collages, ask questions, draw pictures, and more.

DIET & LIFESTYLE EVALUATION

The diet & lifestyle evaluation is the perfect opportunity to look at your diet and lifestyle objectively. Here you have a self-explanatory place to track your diet, movement, play, sleep, and relaxation.

In the mindfulness category, you can jot down any reflective practice you attended to or any stressors you encountered throughout the day.

The reflective practice may be from the program, like the heart based practice or it could be another practice you enjoy.

In the box dedicated to stressors, I encourage you to jot down anything moved or challenged you throughout the day whether it was traffic, an argument or a final exam.

Then we have the relationships category where you can jot down which relationships felt supportive and which ones didn't. Remember, especially here, in the non-supporting relationship and stressors box, to connect and observe rather than disconnect and judge.

These two boxes present the perfect opportunity to practice and apply what you will learn. Here, you can begin to look at these challenges as opportunities for growth and development and as clues that can lead to freedom, health and all of the other rewarding gifts.

Finally, we have the energy chart where you can track your energy throughout the day by drawing circles to rate your energy at 2 hr. intervals.

Once you have done this, you can place a line through the circles to connect the dots.

The purpose of the energy chart is to figuratively and literally help you connect the dots between your choices and life experiences.

Before moving on, it is important to emphasize that this journal is a tool to help you observe and evaluate your patterns rather than judge them. It is easy to fall into the trap of making yourself feel bad for every sub par choice. Don't go there, opt out of this mindset, and look objectively at what works and what doesn't. Awareness is the purpose of this evaluation and the more you connect the easier it will be to change.

REFLECT ON

Finally you have the opportunity to reflect and answer two key questions. The purpose of this space is to align you with what is important and complete the day by coming full circle.

L ET GO & GROW

Finally, this is your space to increase awareness around what works and what does not.

In this section, you have the opportunity to release what doesn't work and embrace what does.

All you have to do is write down what you intend to release and clear under the "Let Go" column and what you are working to incorporate and embrace under the "Grow" column.

Throughout the program, you will notice that different realizations will enter and come to you- which is why I created a space for you to write down the issues you want to clear and the gifts you want to bring in.

Our Let Go & Grow affirmation is also located on this page. Anytime you feel stuck or caught up, I invite you to say this affirmation: "I choose to let go and grow as I release the old to make room for the new. I am free to be me. All is well in my heart and life now.

NEW PARTICIPANT PAPERWORK FOCUS, PURPOSE & COMMITMENT



In your own w	ords, what issues and	d concerns have broug	ght you here at this
time?			
When did the	se patterns start?		
When did the	se patterns start:		

	al, emotional,
physiological, relationships, social, sexual, recreational, occupa	tional, etc.)
	1 10 17/4
What have you done about these patterns so far? What has wo	orked? What
hasn't?	

Now, before moving on, take a moment to place both hands over your heart and let these answers sink in. Through observation and without judgment, allow yourself to be with your feelings and past experiences.

Health and well-being are a balance of many factors that affect us in various ways. Please
rate your experience using the scale below: 1 meaning extremely unsatisfied, 5 meaning
average and 10 being extremely satisfied.

MENTAL HEALTH	1	2	3	4	5	6	7	8	9	10
EMOTIONAL HEALTH	1	2	3	4	5	6	7	8	9	10
SPIRITUAL HEALTH	1	2	3	4	5	6	7	8	9	10
SOCIAL HEALTH	1	2	3	4	5	6	7	8	9	10
PHYSICAL HEALTH	1	2	3	4	5	6	7	8	9	10
SEXUAL HEALTH	1	2	3	4	5	6	7	8	9	10
FINANCIAL HEALTH	1	2	3	4	5	6	7	8	9	10
OCCUPATIONAL HEALTH	1	2	3	4	5	6	7	8	9	10
If you had a magic wand and could transf what would they be? 1		., 3	95							
2						Y				
3									1	A

What patterns woul	d you need to incorporate to make these 3 things happen?
What patterns weat	
	you made these changes.
Now let these answ	vers sink into your heart and being. Remember this picture and how you
	Allow this creation to guide you, knowing it can always be found within
	e is yours, and this journey is for you.
y ca. This experience	o to your of your for your
On a saala firana	how committed are you to this is a way 2
	how committed are you to this journey?
	D 1 2 3 4 5 6 7 8 9 10 VFRY COMMITTE

WEEK 1: FOUNDATIONS

WEEKLY SCHEDULE

NOΩ	
TUES	
WED	
THC	
FR	
SAT	
SUN	
NOTES	



Week 1 | Day 1 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



TIME		OOD & DRINK INTAKE UDES TYPE & AMOUNT)		/ACRON	UTRIEI	NTS (PF	C) & PHYTONU	TRIENTS
Rising Time								
Breakfast TIME :			□ R	_ o	_ P	□ G	F	C
Mid-AM Snack			R		P .	□ G	F	C
Lunch TIME :					P _ Y	П с	FF	
Mid-PM Snack					Р.		F	C
TIME: Dinner			□ R	0	<u> Р</u> .	G	□ B/P/BL F	□ W/T/BR
TIME: PM Snack			□ R	O O	□ Y	□ G	□ B/P/BL F	□ W/T/BR C
TIME:			□ R	□ o	□ Y	□ G	□ B/P/BL	□ W/T/BR
Bed Time:							'	
bed Tillle.			□ R	□ o	□ Y	□G	□ B/P/BL	□ W/T/BR
	Carbohydrates R :	Red O: Orange Y: Yellow						
		Red O: Orange Y: Yellow MOVEMENT & PLAY		₌: Blue/I				e/Tan/Brown
Proteins F: Fats C: SLEEP & RELA: SLEEP Quantity	XATION (hours)		G: Green B/P/BI	_: Blue/I	Purple/		W/T/B: White	e/Tan/Brown
Proteins F: Fats C:	(hours) FAIR □ GOOD ON I NO	MOVEMENT & PLAY MOVEMENT	G: Green B/P/BI	.: Blue/I	Purple/		W/T/B: White	e/Tan/Brown SHIP NG
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HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10

OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

Notes, questions, thoughts, etc.	



Week 1 | Day 2 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



TIME		OOD & DRINK INTAKE UDES TYPE & AMOUNT)		М	ACRON	UTRIEI	NTS (PF	C) & PHYTONU	TRIENTS	
Rising Time										
Breakfast						Р		F	С	
TIME:				\square R		□ Y	□G	☐ B/P/BL	□ W/T/BR	
Mid-AM Snack						Р.		F	C	
TIME:				□ R		□ Y	□G	□ B/P/BL	□ W/T/BR	
Lunch						_ P		F	С	
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Dinner						_ P		F	C	
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PM Snack						_ P		F	C	
TIME:				□ R	□ o		□ G	□ B/P/BL	□ W/T/BR	
Bed Time:						_ P .		F	C	
				□ R	_ O	□ Y	□ G	□ B/P/BL	□ W/T/BR	
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HIGH										
MODERATE /A	VERAGE									
LOW										
ASLEE	P									

REFLECT

HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10

OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

Notes, questions, thoughts,	etc.



Week 1 | Day 3 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



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Breakfast						Р		F	С
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Mid-AM Snack TIME :				□ R	_ o	_P	□ G	F B/P/BL	C W/T/BR
Lunah						Р		F	С
Lunch TIME :				□ R	□ o	□ Y	□G	□ B/P/BL	□ W/T/BR
Mid-PM Snack						P		F	C
TIME:				\square R	□ o	□Y	□G	□ B/P/BL	□ W/T/BR
Dinner						Р		F	С
TIME:				□ R	□ o	□ Y	□G	☐ B/P/BL	□ W/T/BR
PM Snack						P		F	C
TIME:				□R	□ o	□ Y	□G	□ B/P/BL	□ W/T/BR
Bed Time:						_ P	□ G	FF	C W/T/BR
		: Red O: Orange Y: Yellow				Purple/	Black		
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HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10 OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

Notes, questions, thoughts,	etc.



Week 1 | Day 4 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



TIME		OOD & DRINK INTAKE UDES TYPE & AMOUNT)		N	MACRON	UTRIE	NTS (PF	C) & PHYTONU	JTRIENTS	
Rising Time										
Breakfast TIME :				R	_ o	P Y	□ G	FF	C W/T/BR	
Mid-AM Snack TIME :				R	_ o	P Y	□ G	FF	C W/T/BR	
Lunch TIME :				R	□ o	P	□ G	F	C W/T/BR	
Mid-PM Snack TIME :				R	□ o	P	□ G	F	C W/T/BR	
Dinner TIME :				R	_ o	P Y	□ G	F	C	
PM Snack TIME :				R	_ o	_ P	□ G	F	C	
Bed Time:				R	_ O	P Y	□ G	FF	CC	
P: Proteins F: Fats C:	Carbohydrates R :	Red O: Orange Y: Yellow	G : Green	B/P/BL	L: Blue/F	Purple/	'Black	W/T/B: Whit	e/Tan/Brown	
SLEEP & RELA	XATION	MOVEMENT & PLAY	M	MINDFULNESS			RELATIONSHIP			
Quantity_ POOR □	(hours)	MOVEMENT Type/Amount:	REFLE	ECTIVE PRACTICES				SUPPORTI	NG	
RELAXATI □ YES □ Type/Amc] NO	PLAY □ YES □ NO Type/Amount:	STRESSORS			NON-SUPPORTING				
ENERGY LE	EVE!	12am 2am 4am	62100	90m 400	420	210	no din no	Sam Onn	4000	
EXCESSI HIGH MODERATE /A LOW	VE VERAGE				p	p	41000			
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Week 1 | Day 5 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



TIME		FOOD & DRINK INTAKE (INCLUDES TYPE & AMOUNT)				IACRON	IUTRIEI	NTS (PF	MACRONUTRIENTS (PFC) & PHYTONUTRIENTS						
Rising Time															
Breakfast							Р		F	С					
TIME:					□R	□ 0	□ Y	□G	□ B/P/BL	□ W/T/BR					
Mid-AM Snack							_ P		F	C					
TIME:					□R	_ O		□ G	□ B/P/BL	□ W/T/BR					
Lunch							_ P		F	C					
TIME:					□R	_ O		□ G	□ B/P/BL	□ W/T/BR					
Mid-PM Snack							_ P		F	C					
TIME:					□R		□ Y	□G	□ B/P/BL	□ W/T/BR					
Dinner							_ P		F	C					
TIME:					□R	□ o	□ Y	□ G	□ B/P/BL	□ W/T/BR					
PM Snack							_ P		F	C					
TIME:					□R	_ O		□ G	□ B/P/BL	□ W/T/BR					
Bed Time:							_ P		F	C					
Bed Time.					□ R		□ Y	□G	☐ B/P/BL	□ W/T/BR					
	SLEEP & RELAXATION					MINDFULNESS									
		MOVEMENT							RELATIONS						
SLEEP Quantity_	(hours)	MOVEMENT OF TYPE/Amo	NT	REFLECTI			5		RELATIONS SUPPORTI						
	(hours) FAIR □ GOOD ION □ NO	MOVEME	NT bunt:	REFLECTI		ACTICES	3			NG					
SLEEP Quantity Quality: POOR RELAXATI YES	(hours) FAIR □ GOOD ION □ NO bunt:	MOVEME Type/Amo PLAY YES Type/Amo	NO punt:	STF	VE PRA	RS		n 4pm	SUPPORTI	NG					
SLEEP Quantity Quality: POOR RELAXATI YES Type/Amo	(hours) FAIR □ GOOD ION □ NO bunt:	MOVEME Type/Amo PLAY YES Type/Amo	NO punt:	STF	VE PRA	RS		n 4pm	SUPPORTI	NG					
SLEEP Quantity Quality: POOR RELAXATI PYES Type/Amo	(hours) FAIR GOOD ION NO bunt:	MOVEME Type/Amo PLAY YES Type/Amo	NO punt:	STF	VE PRA	RS		m 4pm	SUPPORTI	NG					
SLEEP Quantity Quality: POOR RELAXATI YES Type/Amo ENERGY LE EXCESSI	(hours) FAIR GOOD ION NO bunt:	MOVEME Type/Amo PLAY YES Type/Amo	NO punt:	STF	VE PRA	RS		m 4pm	SUPPORTI	NG					
SLEEP Quantity Quality: POOR RELAXATI PYES Type/Amo ENERGY LE EXCESSI HIGH	(hours) FAIR GOOD ION NO bunt:	MOVEME Type/Amo PLAY YES Type/Amo	NO punt:	STF	VE PRA	RS		m 4pm	SUPPORTI	NG					
SLEEP Quantity Quality: POOR POOR THE POOR POOR POOR POOR POOR POOR POOR POO	(hours) FAIR GOOD ION NO bunt: EVEL VE	MOVEME Type/Amo PLAY YES Type/Amo	NO punt:	STF	VE PRA	RS		n 4pm	SUPPORTI	NG					
SLEEP Quantity Quality: POOR RELAXATI YES Type/Amo ENERGY LE EXCESSI HIGH MODERATE /A LOW	(hours) FAIR GOOD ION NO bunt: EVEL VE	MOVEME Type/Amo PLAY YES Type/Amo	NO punt:	STF	VE PRA	RS		m 4pm	SUPPORTI	NG					
SLEEP Quantity Quality: POOR RELAXATI YES Type/Amo ENERGY LE EXCESSI HIGH MODERATE /A LOW	(hours) FAIR GOOD ION NO bunt: EVEL VE	MOVEME Type/Amo PLAY YES Type/Amo	NO punt:	STF	VE PRA	RS		m 4pm	SUPPORTI	NG					

Notes, questions, thoug	hts, etc.	



Week 1 | Day 6 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



TIME		OOD & DRINK INTAKE LUDES TYPE & AMOUNT)		М	IACRON	UTRIEI	NTS (PF	C) & PHYTONU	TRIENTS
Rising Time									
Breakfast TIME :			_	R	_ o	P .	□ G	F B/P/BL	C W/T/BR
Mid-AM Snack TIME:			_	R	_ o	P .	□ G	F	C W/T/BR
Lunch TIME:				 □ R		P .		F	C
Mid-PM Snack				 □ R	ПО	P .	□ G	F	
Dinner						Р.		F	C
TIME: PM Snack				」 R	0	□ Y	⊔ G	□ B/P/BL F	□ W/T/BR
TIME:				R	□ 0	□ Y	□ G	□ B/P/BL F	□ W/T/BR
Bed Time:	Carbohydrates P	: Red O: Orange Y: Yellow		R R		Ournle/		□ B/P/BL	□ W/T/BR
. Trotoms 1. rats 6.						ui pic,			
SLEEP & RELA		MOVEMENT & PLAY	MINDF					RELATIONS	
SLEEP	XATION (hours)	-		ULNE	ESS				HIP
SLEEP Quantity	(hours) FAIR GOOD ION	MOVEMENT & PLAY MOVEMENT	MINDF	ULNE E PRA	ESS			RELATIONS	SHIP NG
SLEEP Quantity Quality: POOR RELAXATI YES	(hours) FAIR GOOD ION NO bunt:	MOVEMENT & PLAY MOVEMENT Type/Amount: PLAY YES NO	MINDFO REFLECTIVE STRES	ULNE E PRA	ACTICES	3		RELATIONS SUPPORTI	SHIP NG RTING
SLEEP Quantity Quality: POOR POOR Type/Amc	(hours) FAIR GOOD ION NO Dunt:	MOVEMENT & PLAY MOVEMENT Type/Amount: PLAY YES NO Type/Amount:	MINDFO REFLECTIVE STRES	ULNE E PRA	ACTICES	3		RELATIONS SUPPORTI	SHIP NG RTING
SLEEP Quantity Quality: POOR RELAXATI PYES Type/Amo	(hours) FAIR GOOD ION NO Dunt:	MOVEMENT & PLAY MOVEMENT Type/Amount: PLAY YES NO Type/Amount:	MINDFO REFLECTIVE STRES	ULNE E PRA	ACTICES	3		RELATIONS SUPPORTI	SHIP NG RTING
SLEEP Quantity Quality: POOR RELAXATI YES Type/Amo ENERGY LE EXCESSI HIGH MODERATE /A	(hours) FAIR GOOD ION NO bunt: EVEL VE	MOVEMENT & PLAY MOVEMENT Type/Amount: PLAY YES NO Type/Amount:	MINDFO REFLECTIVE STRES	ULNE E PRA	ACTICES	3		RELATIONS SUPPORTI	SHIP NG RTING

HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10

OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

Notes, questions, thoughts,	etc.



Week 1 | Day 7 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



TIME		OOD & DRINK INT. UDES TYPE & AM			M	MACRON	IUTRIEI	NTS (PF	C) & PHYTONU	JTRIENTS	
Rising Time											
Breakfast							_P		F	C	
TIME:					⊔ K	_ O	<u> </u>	G	□ B/P/BL	□ W/T/BR	
Mid-AM Snack TIME :					□ R	□ o		□ G		□ W/T/BR	
Lunch							Р		F	C	
TIME:					□ R	□ o	□ Y	□G	□ B/P/BL	□ W/T/BR	
Mid-PM Snack							P		F	C	
TIME:					□ R	□ o	□ Y	□G	□ B/P/BL	□ W/T/BR	
Dinner							P		F	С	
TIME:					□ R	□ o	□ Y	□G	□ B/P/BL	□ W/T/BR	
PM Snack TIME:							_P	ПС	F	C	
TIME.							P .		F	C	
Bed Time:					□ R	_ o		□ G		□ W/T/BR	
P: Proteins F: Fats C:	Carbohydrates R:	Red O : Orange	Y: Yellow	G : Green	B/P/BL	.: Blue/	Purple/	Black	W/T/B: Whit	e/Tan/Brown	
SLEEP & RELA	XATION	MOVEMENT	& PLAY	М	MINDFULNESS			RELATIONSHIP			
Quantity_ Quality: DOOR D	(hours)			REFLECTIVE PRACTICES			5	SUPPORTING			
RELAXAT □ YES □ Type/Amo	□ NO	PLAY □ YES □ Type/Am	NO NO	STRESSORS				NON-SUPPORTING			
ENERGY LE	EVEL	12 am	2am 4am	6am 8	3am 10a	m 12p	m 2pr	m 4pm	n 6pm 8pm	10pm	
EXCESSI	VE										
HIGH											
MODERATE /A	AVERAGE										

REFLECT

HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10

OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

N	otes, questions, tho	ughts, etc.	

LOW ASLEEP

LET GO & GROW

LET GO & GROW AFFIRMATION

"I choose to let go and grow as I release the old to make room for the new. I am free to be me. All is well in my mind, body, heart and life now."

This is your space to increase awareness around what works and what does not. Here, you have the opportunity to process, release, clear and bring about transformation by simply choosing to Let Go & Grow. Under the "Let Go" column, simply write down what you would like to release, and under the "Grow" column, write down what you would like to connect with, embrace and bring about.

LET GO	GROW	

WEEK 2: MENTAL & EMOTIONAL

WEEKLY SCHEDULE

Z O W	
TUES	
WED	
THO	
FRI	
SAT	
SUN	
NOTES	



Week 2 | Day 1 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



TIME		OOD & DRINK INTAI UDES TYPE & AMO			N	/ACRON	IUTRIEI	NTS (PF	C) & PHYTONU	TRIENTS
Rising Time										
Breakfast							Р		F	C
TIME:					□R	_ O		□G	□ B/P/BL	□ W/T/BR
Mid-AM Snack TIME:							_P		F	C C
TIME.					L K		P		F B/P/BL	C W/1/BR
Lunch TIME :					□ R	_ o		□G	□ B/P/BL	□ W/T/BR
Mid-PM Snack							_ P		F	C
TIME:					□R	□ o	□ Y	□G	□ B/P/BL	□ W/T/BR
Dinner							P		F	C
TIME:					□ R	_ O	□ Y P	□ G	□ B/P/BL	
PM Snack TIME :					— R			□ G	⊢ □ B/P/BL	C C
							Р		F	C
Bed Time:					□ R	□ o	□ Y	□G	□ B/P/BL	□ W/T/BR
P: Proteins F: Fats C:	Carbohydrates R :	Red O: Orange	: Yellow	G: Greer	B/P/BI	_: Blue/I	Purple/	Black '	W/T/B: Whit	e/Tan/Brown
SLEEP & RELAXATION MOVEMENT & PLAY MINDFULNESS RELATIONSHIP										
SLEEP Quantity_ Quality: POOR POOR Output Description:	(hours)	MOVEMEN Type/Amou		REFLE	LECTIVE PRACTICES SUPPORTING					NG
RELAXATI □ YES □ Type/Amo] NO	PLAY YES Type/Amou			STRESSORS NON-SUPPORTING				RTING	
ENERGY LE		12 am 2	2am 4am	6am	8am 10a	ım 12p	m 2pr	m 4pm	6pm 8pm	10pm
EXCESSI HIGH										
MODERATE /A										
LOW										
ASLEE	Р									
			REFI	ECT	,					
HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10 OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10 Notes, questions, thoughts, etc.										



Week 2 | Day 2 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



TIME		FOOD & DRINK INTAKE (INCLUDES TYPE & AMOUNT)				IUTRIE	NTS (PF	C) & PHYTONU	JTRIENTS
Rising Time									
Breakfast TIME :				R	_ o	_ P	G	FF	C W/T/BR
Mid-AM Snack TIME :				R		_ P	G	F	C
Lunch TIME :					ПО	_ P		F	C
Mid-PM Snack						_ P		F B/P/BL	C
Dinner TIME:						P		FB/P/BL	C
PM Snack						_ P		F	C
TIME:				⊔ R		<u> </u>	⊔ G	□ B/P/BL	□ W/T/BR
Bed Time:				R	□ o		□ G	□ B/P/BL	
P: Proteins F: Fats C: Carbohydrates R: Red O: Orange Y: Yellow G: Green B/P/BL: Blue/Purple/Black W/T/B: White/Tan/Brown									e/Tan/Brown
SLEEP & RELA	XATION	MOVEMENT & PLAY		IINDFULN	ESS			RELATIONS	SHIP
SLEEP Quantity_ Quality: POOR POOR Output Description:	(hours)	MOVEMENT Type/Amount:	REFLE	ECTIVE PRACTICES				SUPPORTI	NG
RELAXAT ☐ YES ☐ Type/Amo] NO	PLAY □ YES □ NO Type/Amount:		STRESSORS NON-SUPPORTING					RTING
ENERGY LE	EVEL	12 am 2 am 4an	n 6am	8am 10a	ım 12p	m 2p	m 4pm	6pm 8pm	10pm
EXCESSI HIGH MODERATE /A LOW ASLEE	VERAGE								
		REFI	ECT	1					
HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10 OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10 Notes, questions, thoughts, etc.									



Week 2 | Day 3 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



TIME		OOD & DRINK INTAKE LUDES TYPE & AMOUNT)		MACROI	NUTRIE	NTS (PF	FC) & PHYTONU	MACRONUTRIENTS (PFC) & PHYTONUTRIENTS						
Rising Time														
Breakfast					P		F	С						
TIME:			□ R	□ o	□ Y	□G	□ B/P/BL	□ W/T/BR						
Mid-AM Snack					_ P		F	C						
TIME:			□ R	□ o	□ Y	□G	☐ B/P/BL	□ W/T/BR						
Lunch					_ P		F	С						
TIME:			□ R	□ o	□ Y	□ G	□ B/P/BL	□ W/T/BR						
Mid-PM Snack			_		_ P		F	C						
TIME:			□ R	_ O		□ G	□ B/P/BL	□ W/T/BR						
Dinner					_ P		F	C						
TIME:			□ R	_ O		□ G	□ B/P/BL	□ W/T/BR						
PM Snack TIME :					_ P		F □ B/P/BL	C 						
TIME.			L R		P	G		C						
Bed Time:					_ P □ Y	П С	「 □ B/P/BL	□ W/T/BR						
SLEEP Quantity Quality: POOR I	(hours)	MOVEMENT Type/Amount:	REFLECTIVE PR	ACTICE	S		SUPPORTI	NG						
RELAXATI	ON] NO	PLAY YES NO Type (/ mount:	STRESSO	RS			NON-SUPPOR	RTING						
RELAXATII □ YES □ Type/Amo	ON I NO unt:	□ YES □ NO Type/Amount:			om 2pi	m 4pn								
RELAXATION TYES Type/Amo	ON I NO unt:	□ YES □ NO			om 2pi	m 4pn								
RELAXATII □ YES □ Type/Amo	ON I NO unt:	□ YES □ NO Type/Amount:			om 2pi	m 4pn								
RELAXATII YES Type/Amo ENERGY LE	ON I NO unt: VEL	□ YES □ NO Type/Amount:			om 2pi	m 4pn								
RELAXATION YES Type/Amo ENERGY LE EXCESSIVE HIGH	ON I NO unt: VEL	□ YES □ NO Type/Amount:			om 2pi	m 4pn								
RELAXATII YES Type/Amo ENERGY LE EXCESSIV HIGH MODERATE /A	ON I NO unt: VEL VERAGE	□ YES □ NO Type/Amount:			om 2pi	m 4pn								
RELAXATION TYPE NET TYPE AMOUNT TYPE NET TYPE AMOUNT TYPE TYPE TYPE TYPE TYPE TYPE TYPE TYP	ON I NO unt: VEL VERAGE	□ YES □ NO Type/Amount: 12am 2am 4am	6am 8am 10 a		om 2pi	m 4pn								
RELAXATION YES Type/Amo ENERGY LE EXCESSIVE HIGH MODERATE /A LOW	ON I NO unt: VEL VERAGE	□ YES □ NO Type/Amount:	6am 8am 10 a		om 2pi	m 4pn								
RELAXATION YES Type/Amo ENERGY LE EXCESSIV HIGH MODERATE /A LOW ASLEEF	ON I NO unt: VEL VERAGE W DID YOU RES	□ YES □ NO Type/Amount: 12am 2am 4am	ECT	am 12p	4 5	6 7	n 6pm 8pm							

Let Go & Grow | Week 2: Mental & Emotional



Week 2 | Day 4 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



TIME		OOD & DRINK INTAKE UDES TYPE & AMOUNT)		N	MACRON	UTRIE	NTS (PF	C) & PHYTONU	JTRIENTS
Rising Time									
Breakfast						Р		F	C
TIME:				□ R	0	<u> </u>	□ G	□ B/P/BL	□ W/T/BR
Mid-AM Snack TIME :				R	□ o		□ G	□ B/P/BL	
Lunch TIME :				R	_ o	P	□ G	FF	C W/T/BR
Mid-PM Snack TIME :				R	_ o	P Y	□ G	F B/P/BL	C W/T/BR
Dinner TIME :				R	_ o	P Y	G	FF	C
PM Snack TIME :						_ P		F	C
Bed Time:						P		FB/P/BL	C
P: Proteins F: Fats C:	Carbohydrates R :	Red O: Orange Y: Yellow	G : Green						
SLEEP & RELA	XATION	MOVEMENT & PLAY	M	IINDFULN	ESS			RELATIONS	SHIP
SLEEP Quantity_ Quality: □ POOR □	(hours)	MOVEMENT Type/Amount:	REFLE	ECTIVE PRACTICES				SUPPORTI	NG
RELAXATI □ YES □ Type/Amc] NO	PLAY □ YES □ NO Type/Amount:		STRESSOI	RS			NON-SUPPOI	RTING
ENERGY LE	VEL	12 am 2 am 4am	6am	8am 10a	am 12p	m 2pı	m 4pm	6pm 8pm	10pm
EXCESSI HIGH MODERATE /A LOW ASLEEI	VERAGE								
,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	-								
		REFI	ECT	,					
HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10 OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10									
		Notes, questions	s, thou	ugnts, (etC.				



Week 2 | Day 5 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



TIME		OOD & DRINK INTAKE LUDES TYPE & AMOUNT)		M	MACRONUTRIENTS (PFC) & PHYTONUTRIENTS						
Rising Time											
Breakfast						P		F	С		
TIME:				□ R		□ Y	□ G	□ B/P/BL	□ W/T/BR		
Mid-AM Snack						_ P		F	С		
TIME:				□ R	_ O		□ G	□ B/P/BL	□ W/T/BR		
Lunch						_ P		F	C		
TIME:				□ R	_ O		□ G	□ B/P/BL	□ W/T/BR		
Mid-PM Snack TIME:				— R		_ P		F	C 		
TIME:				⊔ K		P	G	F	C W/1/BR		
Dinner TIME:				— R		_ P	П 6	「	□ W/T/BR		
						P		F	C		
PM Snack TIME :				□ R	_ o		G	□ B/P/BL	□ W/T/BR		
						P		F	С		
Bed Time:				□ R	□ o	□ Y	□ G	□ B/P/BL	□ W/T/BR		
P: Proteins F: Fats C:	Carbohydrates F	:: Red O: Orange Y: Yellow	G : Green	B/P/BL	_: Blue/	Purple/	/Black	W/T/B: Whit	e/Tan/Brown		
SLEEP & RELA	XATION	MOVEMENT & PLAY	MI	INDFULN	ESS			RELATIONS	HIP		
QuantityQuality: DOOR D	(hours)	MOVEMENT Type/Amount:	REFLE	CTIVE PRA	ACTICE	S		SUPPORTI	NG		
RELAXATI □ YES □ Type/Amc] NO	PLAY □ YES □ NO Type/Amount:	S	STRESSO	RS			NON-SUPPOI	RTING		
ENERGY LE	VEL	12am 2am 4an	n 6am 8	3am 10a	ım 12p	m 2p	m 4pn	n 6pm 8pm	10pm		
EXCESSI	VE										
HIGH											
MODERATE /A	VERAGE										
LOW	D										
ASLEE	г 										
		REFI	LECT								
		10211									



Week 2 | Day 6 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



TIME		OOD & DRINK INTAKE UDES TYPE & AMOUNT)		M	MACRON	IUTRIEI	NTS (PF	C) & PHYTONU	TRIENTS
Rising Time									
Breakfast TIME :			-	□ R	□ o	P Y	□ G	F □ B/P/BL	C W/T/BR
Mid-AM Snack TIME :			-	□ R	_ o	_P Y	□ G	F	C W/T/BR
Lunch TIME :			-	□ R	_ o	_ P	□ G	F	CC
Mid-PM Snack TIME :			-	□ R	_ o	_P	□ G	FF	CC
Dinner TIME :			-	□ R	_ O	P Y	□ G	FF	C W/T/BR
PM Snack TIME :			-	□ R	_ o	P Y	□ G	FF	C W/T/BR
Bed Time:			-	□ R	_ o	P Y	□ G	F	C W/T/BR
P: Proteins F: Fats C:	Carbohydrates R :	Red O: Orange Y: Yellow	G: Green B/	P/BL	.: Blue/	Purple/	Black	W/T/B: Whit	e/Tan/Brown
SLEEP & RELA	XATION	MOVEMENT & PLAY	MINDF	ULN	ESS			RELATIONS	SHIP
Quantity POOR □	(hours)	MOVEMENT Type/Amount:	REFLECTIV	ECTIVE PRACTICES					NG
RELAXATI □ YES □ Type/Amo] NO	PLAY □ YES □ NO Type/Amount:	STRE	SSOI	RS			NON-SUPPOI	RTING
ENERCYLE	EVEL	420m 20m 40m	form Com	400	43.00	m 2n	20 412122	Sam Onn	4000
ENERGY LE EXCESSI HIGH MODERATE /A LOW ASLEEI	VE VERAGE	12am 2am 4am	oam oam	100	120	ш 2рг	ii 4pm	г орш орт	10 β111
		REFL	ECT						
НО		POND TO TODAY'S CHA COMMITMENT TODAY? Notes, questions	LLENGES?	4 !	5 6		-	8 9 10	



Week 2 | Day 7 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



TIME		OOD & DRINK INTAKE UDES TYPE & AMOU			N	/ACRON	IUTRIEI	NTS (PF	C) & PHYTONU	JTRIENTS
Rising Time										
Breakfast							Р		F	C
TIME:					□ R	□ o		□G	□ B/P/BL	□ W/T/BR
Mid-AM Snack							_P		F	C
TIME:					⊔R		<u> </u>	⊔ G	□ B/P/BL	□ W/T/BR
Lunch TIME :					R	_ o		□ G	⊢ □ B/P/BL	□ W/T/BR
Mid-PM Snack							_ P		F	C
TIME:					□R	□ o	□ Y	□G	□ B/P/BL	□ W/T/BR
Dinner							Р		F	C
TIME:					□ R	_ O		□ G	□ B/P/BL	
PM Snack							_P		F	C
TIME:							<u> </u>	G	F B/P/BL	□ W/T/BR
Bed Time:					R	□ o		□ G	□ B/P/BL	
P: Proteins F: Fats C:	Carbohydrates R :	Red O: Orange Y:	Yellow (G: Greer	B/P/BI	_: Blue/I	Purple/	Black '	W/T/B: Whit	e/Tan/Brown
SLEEP & RELA	SLEEP & RELAXATION MOVEMENT & PLAY MINDFULNESS RELATIONSHIP								SHIP	
SLEEP Quantity_ Quality: POOR	(hours)	MOVEMENT Type/Amoun		REFLI	LECTIVE PRACTICES SUPPORTING					NG
RELAXAT I □ YES □ Type/Amo] NO	PLAY □ YES □ NO Type/Amoun	-		STRESSO	RS			NON-SUPPOI	RTING
ENERGY LE	VEL	12 am 2 a	m 4am	6am	8am 10a	ım 12p	m 2pr	m 4pm	6pm 8pm	10pm
EXCESSI HIGH MODERATE /A LOW ASLEE	VERAGE									
		_1	REFL	ЕСТ	,					
но	HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10 OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10 Notes, questions, thoughts, etc.									

LET GO & GROW

LET GO & GROW AFFIRMATION

"I choose to let go and grow as I release the old to make room for the new. I am free to be me. All is well in my mind, body, heart and life now."

This is your space to increase awareness around what works and what does not. Here, you have the opportunity to process, release, clear and bring about transformation by simply choosing to Let Go & Grow. Under the "Let Go" column, simply write down what you would like to release, and under the "Grow" column, write down what you would like to connect with, embrace and bring about.

LET GO	GROW

WEEK 3: RELATIONSHIPS



WEEKLY SCHEDULE

N O M	
TUES	
WED	
된	
<u>R</u>	
SAT	
SUN	
NOTES	



Week 3 | Day 1 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



TIME		OOD & DRINK INTA UDES TYPE & AM			1	MACRON	UTRIEN	NTS (PFC	C) & PHYTO	NUTRIENTS	
Rising Time											
Breakfast TIME :					□ R	_ o	P _	□ G	F	C L	
Mid-AM Snack TIME :						_ o	P Y	□ G	F	C L	
Lunch TIME :					□ R	_ O	P _	□ G	F	C L	
Mid-PM Snack TIME :					□ R	_ O	P _	□ G	F	C L	
Dinner TIME :							P _	□ G	F	C L	
PM Snack TIME :							Р			C	
Bed Time:							Р		F	C	
P: Proteins F: Fats C:	Carbohydrates R:	Red O: Orange	Y: Yellow	G : Green	B/P/B	L: Blue/f	Purple/	Black \	W/T/B: W	hite/Tan/Brown	
SLEEP & RELA	XATION	MOVEMENT	& PLAY	ı	MINDFULN	IESS			RELATIO	NSHIP	
Quantity_ Quality: □ POOR □	(hours)	MOVEME Type/Amo		REFL	LECTIVE PRACTICES SUPPORTING					RTING	
RELAXAT □ YES □ Type/Amo] NO	PLAY □ YES □ Type/Amo	NO		STRESSO	RS			NON-SUPF	PORTING	
ENERGY LE	EVEL	12 am	2am 4ar	m 6am	8am 10a	am 12p	m 2pn	n 4pm	6pm 8p	m 10pm	
EXCESSI HIGH MODERATE /A LOW ASLEE	VERAGE										
			REF	LECT							
но	W DID YOU RES OVERALL	POND TO TOD COMMITMEN Notes, q	AY'S CHA	ALLENG ? 1 2	ES? 1	5 6 7		-	8 9 10		



Week 3 | Day 2 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



TIME		OOD & DRINK INTAKE UDES TYPE & AMOU			N	/ACRON	IUTRIEI	NTS (PF	C) & PHYTONU	JTRIENTS
Rising Time										
Breakfast							Р		F	C
TIME:					□ R	□ o		□G	□ B/P/BL	□ W/T/BR
Mid-AM Snack							_P		F	C
TIME:					⊔R		<u> </u>	⊔ G	□ B/P/BL	□ W/T/BR
Lunch TIME :					R	_ o		□ G	⊢ □ B/P/BL	□ W/T/BR
Mid-PM Snack							_ P		F	C
TIME:					□R	□ o	□ Y	□G	□ B/P/BL	□ W/T/BR
Dinner							Р		F	C
TIME:					□ R	_ O		□ G	□ B/P/BL	
PM Snack							_P		F	C
TIME:							<u> </u>	G	F B/P/BL	□ W/T/BR
Bed Time:					R	□ o		□ G	□ B/P/BL	
P: Proteins F: Fats C:	Carbohydrates R :	Red O: Orange Y:	Yellow (G: Greer	B/P/BI	_: Blue/I	Purple/	Black '	W/T/B: Whit	e/Tan/Brown
SLEEP & RELA	SLEEP & RELAXATION MOVEMENT & PLAY MINDFULNESS RELATIONSHIP								SHIP	
SLEEP Quantity_ Quality: POOR	(hours)	MOVEMENT Type/Amoun		REFLI	LECTIVE PRACTICES SUPPORTING					NG
RELAXAT I □ YES □ Type/Amo] NO	PLAY □ YES □ NO Type/Amoun	-		STRESSO	RS			NON-SUPPOI	RTING
ENERGY LE	VEL	12 am 2 a	m 4am	6am	8am 10a	ım 12p	m 2pr	m 4pm	6pm 8pm	10pm
EXCESSI HIGH MODERATE /A LOW ASLEE	VERAGE									
		_1	REFL	ЕСТ	,					
но	HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10 OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10 Notes, questions, thoughts, etc.									



Week 3 | Day 3 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



TIME		OOD & DRINK INTAKE UDES TYPE & AMOUNT)			MACRON	IUTRIE	NTS (PF	C) & PHYTONU	TRIENTS
Rising Time									
Breakfast TIME :				R	_ o	_ P	□ G	F	C
Mid-AM Snack TIME :				R	_ O	_ P	□ G	FF	C
Lunch TIME :				□ R	_ O	_ P	□ G	F	C W/T/BR
Mid-PM Snack TIME :				□ R	_ O	_ P	□ G	F	C W/T/BR
Dinner TIME :					_ O	_ P	G	FF	C
PM Snack TIME :					_ O	P Y	G	FF	C
Bed Time:						_ P	G	F	C
P: Proteins F: Fats C:	Carbohydrates R:	Red O: Orange Y: Yellow	G : Green	B/P/BI	L: Blue/I	^D urple/	'Black	W/T/B: White	e/Tan/Brown
SLEEP & RELA	XATION	MOVEMENT & PLAY	М	INDFULN	ESS			RELATIONS	HIP
SLEEP Quantity_ Quality: □ POOR □	(hours)	MOVEMENT Type/Amount:	REFLE	ECTIVE PRACTICES SUPPORTING					NG
RELAXAT □ YES □ Type/Amo	□ NO	PLAY □ YES □ NO Type/Amount:		STRESSORS NON-SUPPORTING					
ENERGY LE	EVEL	12am 2am 4am	6am	8am 10a	am 12p	m 2p	m 4pm	ı 6pm 8pm	10pm
EXCESSI HIGH MODERATE /A LOW ASLEE	AVERAGE								
но		REFI POND TO TODAY'S CHA COMMITMENT TODAY?	LLENGI	ES? 1	2 3 5			8 9 10	_
		Notes, questions	s, thou	ights,	etc.				



Week 3 | Day 4 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



TIME	FOOD & DRINK INTAKE (INCLUDES TYPE & AMOUNT)			MACRONUTRIENTS (PFC) & PHYTONUTRIENTS						
Rising Time										
Breakfast TIME :				□ R	_ o	P Y	□ G	FF	C W/T/BR	
Mid-AM Snack TIME :				R	_ O	P Y	□ G	F	C W/T/BR	
Lunch						P Y	□ G	F	CC	
Mid-PM Snack				R		_ P		FB/P/BL	C	
Dinner						P		F	C	
TIME: PM Snack				□ R	0	□ Y	□ G	□ B/P/BL F	□ W/T/BR C	
TIME:				□ R	0	□ Y	□ G	□ B/P/BL F	□ W/T/BR C	
Bed Time:				□ R	_ o	□ Y	□ G	□ B/P/BL	□ W/T/BR	
P: Proteins F: Fats C:	Carbohydrates R	:: Red O: Orange Y: Yellow	G : Green	B/P/BL	: Blue/I	Purple/	Black	W/T/B: White	e/Tan/Brown	
SLEEP & RELA	XATION	MOVEMENT & PLAY	МІ	NDFULN	ESS			RELATIONS	HIP	
SLEEP Quantity(hours) Quality:		MOVEMENT Type/Amount:	REFLECTIVE PRACTICES			5		SUPPORTI	NG	
RELAXATION □ YES □ NO Type/Amount:		PLAY □ YES □ NO Type/Amount:	STRESSORS				NON-SUPPORTING			
ENERGY LE	EVEL	12am 2am 4am	6am 8	8am 10a	m 12p	т 2рг	n 4pm	6pm 8pm	10pm	
EXCESSI										
HIGH MODERATE /A										
MODERATE /A	AVERAGE									
ASLEE	Р									

REFLECT

HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10

OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

Notes, questions, thoughts,	etc.



Week 3 | Day 5 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



TIME		DOD & DRINK INTAKE LUDES TYPE & AMOUNT)		M	1ACRON	IUTRIE	NTS (PF	C) & PHYTONU	TRIENTS
Rising Time									
Breakfast TIME :				□ R	_ o	P Y	□ G	F □ B/P/BL	C W/T/BR
Mid-AM Snack				□ R	_ O	_ P	□ G	F	C
TIME.						P		F B7 F7 BL	C
Lunch TIME :				□ R	□ o	_ ' □ Y	□ G	□ B/P/BL	□ W/T/BR
Mid-PM Snack						_ P		F	С
TIME:				\square R		□ Y	□G	□ B/P/BL	□ W/T/BR
Dinner						_ P		F	C
TIME:				□ R	□ o	□ Y	□G	□ B/P/BL	□ W/T/BR
PM Snack						_ P		F	C
TIME:				□ R	_ O		□ G	□ B/P/BL	□ W/T/BR
Bed Time:				R		_ P Y		FF	C W/T/BR
P: Proteins F: Fats C: C SLEEP & RELAX		: Red O: Orange Y: Yellow MOVEMENT & PLAY		/P/BL		Purple/	Black	W/T/B: Whit	
SLEEP & RELAXATION SLEEP Quantity(hours) Quality: □ POOR □ FAIR □ GOOD		MOVEMENT Type/Amount:	REFLECTIVE PRACTICES			5		SUPPORTI	NG
RELAXATION ☐ YES ☐ NO Type/Amount:		PLAY □ YES □ NO Type/Amount:	STR	STRESSORS			NON-SUPPORTING		
ENERGY LEV	VEL	12am 2am 4am	6am 8an	n 10a	m 12p	т 2рі	m 4pm	6pm 8pm	10pm
	/E								
EXCESSI\									
HIGH									
HIGH MODERATE /A'	VERAGE								
HIGH									

REFLECT

HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10

OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

Not	es, questions, thou	ughts, etc.	



Week 3 | Day 6 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



TIME	FOOD & DRINK INTAKE (INCLUDES TYPE & AMOUNT)				MACRONUTRIENTS (PFC) & PHYTONUTRIENTS						
Rising Time											
Breakfast TIME :					R	_ O	P Y	□ G	FF	C W/T/BR	
Mid-AM Snack TIME :						_ O	P _ Y	□ G	F	C W/T/BR	
Lunch TIME :					R		P Y	ПС	F	C	
Mid-PM Snack							_ P	_ G	F	C	
Dinner					□ R		P		□ B/P/BL F	С	
TIME: PM Snack					□ R	0	□ Y	□ G	□ B/P/BL F	□ W/T/BR C	
TIME:					□ R	_ O	□ Y	□ G	□ B/P/BL F	□ W/T/BR C	
Bed Time:						□ 0			□ B/P/BL	□ W/T/BR	
P: Proteins F: Fats C:	Carbohydrates R	: Red O: Orange Y: Ye	ellow (G: Green	B/P/BL	: Blue/I	Purple/	Black	W/T/B: White	e/Tan/Brown	
SLEEP & RELA	XATION	MOVEMENT & PLA	Υ	M	IINDFULNE	ESS			RELATIONS	HIP	
SLEEP Quantity(hours) Quality:		MOVEMENT Type/Amount:		REFLECTIVE PRACTICES			5		SUPPORTI	NG	
RELAXATION ☐ YES ☐ NO Type/Amount:		PLAY □ YES □ NO Type/Amount:			STRESSOF	RS			NON-SUPPOR	RTING	
ENERGY LE	VEL	12am 2am	4am	6am	8am 10a	m 12p	т 2рг	n 4pm	6pm 8pm	10pm	
EXCESSI											
HIGH											
MODERATE /A	VERAGE										
LOW ASLEEI	P										

REFLECT

HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10

OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10

Notes, questions, thoughts, e	tc.



Week 3 | Day 7 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



	TIME	FOOD & DRINK INTAKE (INCLUDES TYPE & AMOUN		M	MACRON	IUTRIE	NTS (PF	C) & PHYTONU	TRIENTS	
Breakfast	Rising Time									
	Breakfast					_ P		F	С	
Mid-AM Snack	TIME:			□ R	□ o	□ Y	□G	□ B/P/BL	□ W/T/BR	
Lunch TIME: Mid-PM Snack TIME: Dinner TIME: P F R 0 0 Y G B/P/BL 0 R 0 0 Y G G G G G G G G G G G G G G G G G	Mid-AM Snack					P		F	C	
Nid-PM Snack P	TIME:			□R			□G	□ B/P/BL	□ W/T/BR	
Mid-PM Snack	Lunch					P		F	C	
Mid-PM Snack TIME: Dinner TIME: PM Snack TIME: PM Snack TIME: PM Snack TIME: Proteins F: Fats C: Carbohydrates R: Red O: Orange Y: Yellow G: Green B/P/BL: Blue/Purple/Black W/T/B: White/Tar SLEEP & RELAXATION MOVEMENT & PLAY MINDFULNESS RELATIONSHIP SLEEP (hours) Quality: POOR FAIR GOOD RELAXATION PLAY YES NO Type/Amount: PLAY YES NO Type/Amount: ENERGY LEVEL 12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pr EXCESSIVE HIGH MODERATE /AVERAGE LOW ASLEEP	TIME:			□R		□ Y	□G	□ B/P/BL	□ W/T/BR	
Dinner	Mid-PM Snack					P		F	C	
Dinner TIME: R O Y G B/P/BL	TIME:			□ R		□ Y	□G	□ B/P/BL	□ W/T/BR	
PM Snack TIME: Bed Time: R O Y G B/P/BL N R O O S N R O O S O N R O O S O N R O O S O N R O O S O N R O O S O N R O O S O N	Dinner					_ P		F	С	
PM Snack TIME: Bed Time: R: Red O: Orange Y: Yellow G: Green B/P/BL: Blue/Purple/Black W/T/B: White/Tar SLEEP & RELAXATION MOVEMENT & PLAY MINDFULNESS RELATIONSHIP SLEEP Quantity (hours) Quality: POOR FAIR GOOD RELAXATION PLAY STRESSORS NON-SUPPORTING PLAY YES NO Type/Amount: ENERGY LEVEL 12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pr EXCESSIVE HIGH MODERATE / AVERAGE LOW ASLEEP ASLEEP ASLEEP ASLEEP ASLEEP ASLEEP ASLEEP RELAXATION PLAY STRESSORS NON-SUPPORTING	TIME:			□ R		□ Y	□G	☐ B/P/BL	□ W/T/BR	
Bed Time: P	PM Snack					_ P		F	С	
Proteins F: Fats C: Carbohydrates R: Red O: Orange Y: Yellow G: Green B/P/BL: Blue/Purple/Black W/T/B: White/Tar SLEEP & RELAXATION	TIME:			□ R		□ Y	□G	☐ B/P/BL	□ W/T/BR	
Proteins F: Fats C: Carbohydrates R: Red O: Orange Y: Yellow G: Green B/P/BL: Blue/Purple/Black W/T/B: White/Tar SLEEP	D 1.T'					Р		F	С	
SLEEP & RELAXATION MOVEMENT & PLAY MINDFULNESS RELATIONSHIP SLEEP (hours) Quality: POOR FAIR GOOD RELAXATION PLAY YES NO Type/Amount: RELAXATION PLAY YES NO Type/Amount: RELAXATION PLAY YES NO Type/Amount: ENERGY LEVEL 12am 2am 4am 6am 8am 10am 12pm 2pm 4pm 6pm 8pm 10pm EXCESSIVE HIGH MODERATE /AVERAGE LOW ASLEEP	Bed Time:			\square R		□ Y	□G	☐ B/P/BL	□ W/T/BR	
Quality: POOR FAIR GOOD RELAXATION PLAY YES NO Type/Amount: PLAY STRESSORS NON-SUPPORTING										
Type/Amount: YES NO Type/Amount:	Quantity	(hours) Type/Amount:								
EXCESSIVE HIGH MODERATE /AVERAGE LOW ASLEEP	Quality: POOR									
EXCESSIVE HIGH MODERATE /AVERAGE LOW ASLEEP	RELAXATI □ YES □	I PLAY		STRESSO	RS			NON-SUPPOR	RTING	
HIGH MODERATE /AVERAGE LOW ASLEEP	RELAXATI □ YES □ Type/Amo	PLAY NO PES NO Type/Amount:) ::			m 2pi	m 4pm			
MODERATE /AVERAGE LOW ASLEEP	RELAXATI YES Type/Amo	PLAY NO PES NO Type/Amount:) ::			m 2pi	m 4pm			
ASLEEP	RELAXATI YES Type/Amo ENERGY LE	PLAY NO PES NO Type/Amount:) ::			m 2pi	m 4pm			
	RELAXATI YES Type/Amo ENERGY LE EXCESSI HIGH	PLAY NO PES NO Type/Amount: 1 12am 2an) ::			m 2pi	m 4pm			
	RELAXATI YES Type/Amo ENERGY LE EXCESSI HIGH MODERATE /A	PLAY NO PES NO Type/Amount: 1 12am 2an) ::			m 2pi	m 4pm			
	RELAXATI PYES Type/Amo ENERGY LE EXCESSI HIGH MODERATE /A LOW	PLAY NO PES NO Type/Amount: 1 12am 2an) ::			m 2pi	m 4pm			
REFLECT	RELAXATI PYES Type/Amo ENERGY LE EXCESSI HIGH MODERATE /A LOW	PLAY NO PES NO Type/Amount: 1 12am 2an) ::			m 2pi	m 4pm			
HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10	RELAXATI PYES Type/Amo ENERGY LE EXCESSI HIGH MODERATE /A LOW	PLAY NO) ::	8am 1 0a		m 2pi	m 4pm			

Notes, questions, thoughts, etc.

LET GO & GROW

LET GO & GROW AFFIRMATION

"I choose to let go and grow as I release the old to make room for the new. I am free to be me. All is well in my mind, body, heart and life now."

This is your space to increase awareness around what works and what does not. Here, you have the opportunity to process, release, clear and bring about transformation by simply choosing to Let Go & Grow. Under the "Let Go" column, simply write down what you would like to release, and under the "Grow" column, write down what you would like to connect with, embrace and bring about.

LET GO	GROW

WEEK 4: CHOICES, PHYSIOLOGY & LIFE EXPERIENCES

WEEKLY SCHEDULE

NOΩ	
TUES	
WED	
THC	
FR	
SAT	
SUN	
NOTES	



Week 4 | Day 1 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



Rising Time Breakfast TIME:					E MACRONUTRIENTS (PFC) & PHYTONUTRIENT						
					R	_ O	P _	□ G	F	L W/T/	C BR
Mid-AM Snack TIME :						_ O	P _	□ G	F	L W/T/	_C BR
Lunch TIME:						_ O	P _	□ G	F	L W/T/	C BR
Mid-PM Snack TIME:					□ R	_ O	P _	□ G	F	L 🗆 W/T/	_C BR
Dinner TIME:					□ R	□ o	P _	□ G	F □ B/P/B	L 🗆 W/T/	C BR
PM Snack TIME:					□ R	_ o	P _	□ G	F □ B/P/B	L 🗆 W/T/	_C BR
Bed Time:					□ R	_ O	P _	□ G	F □ B/P/B	L 🗆 W/T/	_C BR
P: Proteins F: Fats C: C	Carbohydrates R:	Red O: Orange	Y: Yellow	G : Gree	B/P/B	L: Blue/F	ourple/	Black \	W/T/B: W	hite/Tan/Bro	wn
SLEEP & RELAX	ATION	MOVEMENT 8	& PLAY	ı	MINDFULN	ESS			RELATIO	NSHIP	
Quantity_ Quality: POOR F	(hours) AIR GOOD	MOVEME Type/Amo		REFL	ECTIVE PR	CTIVE PRACTICES			SUPPOR	RTING	
RELAXATIO □ YES □ Type/Amou	NO	□ YES □	PLAY □ YES □ NO Type/Amount:		STRESSORS				NON-SUPF	PORTING	
ENERGY LEV	/EL	12 am	2am 4ar	n 6am	8am 10a	am 12p	m 2pn	n 4pm	6pm 8p	m 10pm	
EXCESSIV HIGH MODERATE /AV LOW ASLEEP	/ERAGE										
			REF	LECT							
нош	DID YOU RES	COMMITMENT	T TODAY	? 1 2	3 4	5 6 7		-	8 9 10		
		Notes, q	uestior	ıs, tho	ughts,	etc.					



Week 4 | Day 2 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE

ТІМЕ		OOD & DRINK INTA UDES TYPE & AM			M	MACRON	UTRIEI	NTS (PF(C) & PHYTONU	TRIENTS
Rising Time										
Breakfast TIME :					R	_ o	P .	□ G	F □ B/P/BL	C W/T/BR
Mid-AM Snack TIME :						_ o	_P	□ G	F	C W/T/BR
Lunch TIME :						_ O	P Y	□ G	FF	CC
Mid-PM Snack TIME :						_ o	_P	□ G	F	C W/T/BR
Dinner TIME :						_ o	P .	□ G	F □ B/P/BL	C
PM Snack TIME :						_ o	P .	□ G	F	CC
Bed Time:					R	_ o	P Y	□ G	F	C W/T/BR
P: Proteins F: Fats C:	Carbohydrates R	Red O: Orange	Y: Yellow	G : Greer	B/P/BL	.: Blue/F	Purple/	Black \	W/T/B: Whit	e/Tan/Brown
SLEEP & RELA	XATION	MOVEMENT	& PLAY	1	INDFULN	ESS			RELATIONS	НІР
QuantityQuality: DOOR D	(hours)	MOVEME Type/Amo		REFLECTIVE PRACTICES			;		SUPPORTI	NG
RELAXATI □ YES □ Type/Amo] NO	PLAY ☐ YES ☐ NO Type/Amount:			STRESSO	RS			NON-SUPPOI	RTING
							·			
ENERGY LE	VEL	12am	2am 4am	6am	8am 10a	m 12p	m 2pr	m 4pm	6pm 8pm	10pm
EXCESSI HIGH MODERATE /A LOW ASLEEI	VERAGE									
			REFI	ЕСТ						
нол	W DID YOU RES OVERALL	POND TO TOD COMMITMENT Notes, q	Γ TODAY?	1 2	3 4 5			-	8 9 10	
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Week 4 | Day 3 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



		OOD & DRINK INTA LUDES TYPE & AM			٨	MACRON	UTRIEI	NTS (PF	C) & PHYTON	IUTRIENTS
Rising Time										
Breakfast							Р		F	C
TIME:					□R		<u> </u>	⊔ G	□ B/P/BL	□ W/T/BR
Mid-AM Snack TIME :					□ R	□ o		□ G	□ B/P/BL	
Lunch TIME :						_ o	P Y	□ G	F	C W/T/BR
Mid-PM Snack TIME :						_ o	P Y	□ G	F	
Dinner TIME :					R	□ 0	P	□ G	F	C
PM Snack							P .		F	C
TIME:					□R	_ O	□ Y P	□ G	□ B/P/BL	□ W/T/BR
Bed Time:					□ R	_ o		□ G	「 □ B/P/BL	
P: Proteins F: Fats C:		: Red O: Orange			B/P/BL		urple/	Black	W/T/B: Wh	
SLEEP						ECTIVE PRACTICES			SUPPOR ⁻	
QuantityQuality:	(hours)	Type/Amount:								
□ YES □	RELAXATION PLAY □ YES □ NO □ YES □ NO Type/Amount: Type/Amount		NO	STRESSORS					NON-SUPPO	DRTING
Type/Amc	ount.	, Alexander								
Type/Amo			2am 4am	6am	8am 10a	ım 12 p	m 2pi	n 4pm	6pm 8pn	n 10pm
ENERGY LE	VEL		2am 4am	6am	8am 10a	ım 12p	ո 2թւ	m 4pm	6рт 8рп	10pm
ENERGY LE EXCESSI HIGH	VE		2am 4am	6am	8am 10a	ım 12p	m 2pr	m 4pm	6pm 8pn	n 10pm
ENERGY LE	VE		2am 4am	6am	8am 10a	ım 12p	m 2pr	m 4pm	6pm 8pn	10pm
ENERGY LE EXCESSI HIGH MODERATE /A	VE VE VERAGE		2am 4am	6am	8am 10a	nm 12p	m 2pr	n 4pm	6pm 8pm	n 10pm
ENERGY LE EXCESSI HIGH MODERATE /A LOW	VE VE VERAGE		2am 4am			nm 12p	m 2pr	n 4pm	6pm 8pm	n 10pm
ENERGY LE EXCESSI HIGH MODERATE /A LOW ASLEER	VEL VE VERAGE P	12am	REFI ay's cha	LE C T	ES? 1	2 3	1 5	6 7	6pm 8pm	n 10pm
ENERGY LE EXCESSI HIGH MODERATE /A LOW ASLEER	VEL VE VERAGE P	12am	REFI ay's cha g today?	LECT	ES? 1 3 4 5	2 3 6 7	1 5	6 7		n 10pm



Week 4 | Day 4 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE

		OOD & DRINK INTA LUDES TYPE & AM			N	/ACRON	UTRIEI	NTS (PF	C) & PHYTON	UTRIENTS
Rising Time										
Breakfast							Р		F	C
TIME:					⊔ R		<u> </u>	⊔ G	□ B/P/BL	□ W/T/BR
Mid-AM Snack TIME:					□ R	□ o		□ G	□ B/P/BL	
Lunch TIME :					□ R	_ o	P Y	□ G	F □ B/P/BL	C
Mid-PM Snack TIME :						_ o	P Y	□ G	F	
Dinner TIME :						_ O	P	□ G	F □ B/P/BL	CC
PM Snack							P .		F	C
TIME:					□R	_ O	□ Y P	□ G	□ B/P/BL	□ W/T/BR
Bed Time:					□ R	_ O		□ G	F □ B/P/BL	
P: Proteins F: Fats C:							urple/	Black		
SLEEP & RELA		MOVEMENT :			IINDFULN				RELATION	
Quantity	(hours)	Type/Amount:			ECTIVE PR	ACTICLE			SUPPORT	
RELAXATI] NO	IO PES NO			STRESSORS				NON-SUPPO	PRTING
Type/Amo		Турсили								
ENERGY LE	EVEL		2am 4am	ı 6am	8am 10a	am 12p	n 2pr	m 4pm	6pm 8pm	10pm
ENERGY LE EXCESSI	VEL		2am 4am	ı 6am	8am 10 <i>a</i>	am 12p	m 2pi	m 4pm	6pm 8pm	10pm
ENERGY LE EXCESSI HIGH	VE		2am 4am	n 6am	8am 10a	ım 12p	m 2pr	m 4pm	6pm 8pm	10pm
ENERGY LE EXCESSI	VE		2am 4am	ı 6am	8am 10a	12p	m 2pr	m 4pm	6pm 8pm	10pm
ENERGY LE EXCESSI HIGH MODERATE /A	VE VE VERAGE		2am 4am	ı 6am	8am 10a	12p	m 2pr	m 4pm	6pm 8pm	10pm
ENERGY LE EXCESSI HIGH MODERATE /A LOW	VE VE VERAGE		2am 4am			12pi	т 2рг	m 4pm	6pm 8pm	10pm
ENERGY LE EXCESSI HIGH MODERATE /A LOW ASLEEI	VEL VE VERAGE P	12am	REFI ay's cha	LECT	ES? 1	2 3 4	1 5	6 7	6pm 8pm	10pm
ENERGY LE EXCESSI HIGH MODERATE /A LOW ASLEEI	VEL VE VERAGE P	12am	REFI ay's cha g today?	LECT	ES? 1 3 4	2 3 4	1 5	6 7		10pm



Week 4 | Day 5 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE

TIME		OOD & DRINK INTA LUDES TYPE & AM			M	IACRON	JTRIEN	ITS (PFC	C) & PHYTON	UTRIENTS
Rising Time										
Breakfast TIME:							P _	П 6	F □ B/P/BL	C W/T/BR
Mid-AM Snack							P _		F	C
TIME:					□R	□ o		□ G	□ B/P/BL	
Lunch TIME :					□ R	□ o	P _	□ G	F □ B/P/BL	CC
Mid-PM Snack TIME:					R	□ o	P _	□ G	F	C W/T/BR
Dinner TIME:							P _	□ G	F □ B/P/BL	C
							P _		F	C
PM Snack TIME :					□ R		□ Y	□G	□ B/P/BL	□ W/T/BR
Bed Time:						□ o	P _	□ G	F	C W/T/BR
P: Proteins F: Fats C:	Carbohydrates R	: Red O: Orange	Y: Yellow	G : Gree	n B/P/BL	∴: Blue/P	urple/E	Black \	W/T/B: Wh	ite/Tan/Brown
SLEEP & RELA	XATION	MOVEMENT	& PLAY		MINDFULN	ESS			RELATION	SHIP
Quantity POOR □	(hours)	MOVEME Type/Amo		REFLECTIVE PRACTI					SUPPORT	TING
RELAXAT I □ YES □ Type/Amo] NO	PLAY □ YES □ NO Type/Amount:			STRESSORS				NON-SUPPO	PRTING
					-		·			
ENERGY LE		12am	2am 4an	n 6am	8am 10a	ım 12pr	n 2pm	1 4pm	6pm 8pm	10pm
EXCESSI HIGH										
MODERATE /A										
LOW ASLEE	P									
			REF	LECT						
но	W DID YOU RES	POND TO TOD				2 3 4 5 6 7	•	-	8 9 10	
		Notes, q	uestion	s, tho	ughts, e	etc.				



Week 4 | Day 6 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



TIME		FOOD & DRINK INTAKE (INCLUDES TYPE & AMOUNT)				MACRONUTRIENTS (PFC) & PHYTONUTRIENTS					
Rising Time											
Breakfast TIME :					□ R	_ o	P _	□ G	F	C L	
Mid-AM Snack TIME :							P _	□ G	F	C L	
Lunch TIME :					□ R		P _	□ G	F	C L	
Mid-PM Snack TIME :					□ R		P _	□ G	F	C L	
Dinner TIME :							P _	□ G	F	C L	
PM Snack TIME :							Р			C	
Bed Time:							Р		F	C	
P: Proteins F: Fats C:	Carbohydrates R:	Red O: Orange	Y: Yellow	G : Green	B/P/B	L: Blue/F	Purple/I	Black \	W/T/B: W	hite/Tan/Brown	
SLEEP & RELA	XATION	MOVEMENT	& PLAY	ı	INDFULN	IESS			RELATIO	NSHIP	
Quantity_ Quality: □ POOR □	(hours)	MOVEME Type/Amo		REFL	ECTIVE PR	ACTICES	3	SUPPOF	RTING		
RELAXAT □ YES □ Type/Amo] NO	□ YES □	PLAY □ YES □ NO Type/Amount:		STRESSO	RS			NON-SUPF	PORTING	
ENERGY LE	EVEL	12 am	2am 4ar	n 6am	8am 10a	am 12p	m 2pn	n 4pm	6pm 8p	m 10pm	
EXCESSI HIGH MODERATE /A LOW ASLEE	VERAGE										
			REF	LECT	·						
но	W DID YOU RES OVERALL	POND TO TOD COMMITMEN Notes, q	AY'S CH <i>I</i> F TODAY	ALLENG? 1 2	ES? 1 3 4	5 6 7		-	8 9 10		



Week 4 | Day 7 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



TIME		OOD & DRINK INT. UDES TYPE & AM			N	MACRON	IUTRIEI	NTS (PF(C) & PHYTON	UTRIENTS
Rising Time										
Breakfast TIME :						_ o	P Y	□ G	F □ B/P/BL	
Mid-AM Snack TIME :					R	_ O	P Y	□ G	F □ B/P/BL	C
Lunch TIME :					R	_ O	P	□ G	F □ B/P/BL	C
Mid-PM Snack TIME :						_ O	P Y	□ G	F □ B/P/BL	C W/T/BR
Dinner TIME :					R	_ O	P .	□ G	F □ B/P/BL	C W/T/BR
PM Snack TIME :					R	_ O	P .	□ G	F □ B/P/BL	CC
Bed Time:					R	_ o	P Y	□ G	F □ B/P/BL	C W/T/BR
P: Proteins F: Fats C:	Carbohydrates R :	Red O : Orange	Y: Yellow	G : Greer	B/P/BI	L: Blue/I	Purple/	Black '	W/T/B: Whi	te/Tan/Brown
SLEEP & RELA	SLEEP & RELAXATION MOVEMENT & PLAY MINDFULNESS RELATIONSHIP									
Quantity_ Quality:	(hours)	MOVEME Type/Am		REFLI	ECTIVE PR	ACTICES	5		SUPPORT	ING
RELAXATI □ YES □ Type/Amo] NO	PLAY □ YES □ Type/Am	NO NO		STRESSO	RS			NON-SUPPO	RTING
ENERGY LE	EVEL	12am	2am ∕ai	m 6am	8am 10a	am 12n	m 2nr	m 4pm	6pm 8pm	10pm
EXCESSI HIGH MODERATE /A LOW ASLEE	VE VERAGE	abulii	assiri aptil	Juni	200			40111	op opin	_5p
			REF	LECT	ī					
но	W DID YOU RES OVERALL	POND TO TOD COMMITMEN	T TODAY	? 1 2	3 4				8 9 10	
		140163, 0		13, 1110						

LET GO & GROW

LET GO & GROW AFFIRMATION

"I choose to let go and grow as I release the old to make room for the new. I am free to be me. All is well in my mind, body, heart and life now."

This is your space to increase awareness around what works and what does not. Here, you have the opportunity to process, release, clear and bring about transformation by simply choosing to Let Go & Grow. Under the "Let Go" column, simply write down what you would like to release, and under the "Grow" column, write down what you would like to connect with, embrace and bring about.

LET GO	GROW

WEEK 5: SPIRITUALITY

WEEKLY SCHEDULE

NOΩ	
TUES	
WED	
THC	
FR	
SAT	
SUN	
NOTES	



Week 5 | Day 1 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



TIME		OOD & DRINK INTAKE UDES TYPE & AMOUNT)		N	MACRON	MACRONUTRIENTS (PFC) & PHYTONUTRIENTS					
Rising Time											
Breakfast TIME :				□ R	_ o	P Y	□ G	F	C W/T/BR		
Mid-AM Snack TIME :				R	_ o	P Y	□ G	FF	C W/T/BR		
Lunch TIME :				R	□ o	P	□ G	FF			
Mid-PM Snack TIME :				R	□ o	P	□ G	FF			
Dinner TIME :				R	_ o	P Y	□ G	F	C		
PM Snack TIME :				R	_ o	_ P	□ G	F	C		
Bed Time:				R	_ O	P Y	□ G	FF	C		
P: Proteins F: Fats C:	Carbohydrates R :	Red O: Orange Y: Yellow	G: Green	B/P/Bl	L: Blue/F	Purple/	'Black	W/T/B: White	e/Tan/Brown		
SLEEP & RELA	XATION	MOVEMENT & PLAY	M	IINDFULN	ESS			RELATIONS	НІР		
Quantity_ POOR □	(hours)	MOVEMENT Type/Amount:	REFLECTIVE PRACTICES			;		SUPPORTI	NG		
RELAXATI □ YES □ Type/Amc] NO	PLAY □ YES □ NO Type/Amount:	STRESSOI	RS			NON-SUPPOR	RTING			
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MODERATE /A LOW ASLEE											
		REFL	ECT								
но		POND TO TODAY'S CHA COMMITMENT TODAY?			2 3 4		-	8 9 10			
		Notes, questions	s, thou	ughts, e	etc.						



Week 5 | Day 2 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



TIME		OOD & DRINK INTAKE UDES TYPE & AMOUNT)		MACRONUTRIENTS (PFC) & PHYTONUTRIENTS					
Rising Time									
Breakfast						_P		F	C
TIME:				⊔ R		<u> </u>	G	□ B/P/BL	□ W/T/BR
Mid-AM Snack TIME :				□ R	□ o		□ G	□ B/P/BL	
Lunch TIME :				R	_ o	P	□ G	F □ B/P/BL	C W/T/BR
Mid-PM Snack TIME :				R	_ o	P Y	G	F	C
Dinner TIME :				R	ПО	P Y		F	C
PM Snack						_ P		F	C
TIME:				⊔ R		<u> </u>	G	F B/P/BL	□ W/T/BR
Bed Time:				□ R	□ o	□ Y	□ G	□ B/P/BL	□ W/T/BR
P: Proteins F: Fats C:	Carbohydrates R:	Red O: Orange Y: Yellow	G : Green	B/P/BI	L: Blue/F	Purple/	'Black	W/T/B: Whit	e/Tan/Brown
SLEEP & RELA	XATION	MOVEMENT & PLAY	M	IINDFULN	ESS			RELATIONS	HIP
SLEEP Quantity_ Quality: POOR POOR Output Description:	(hours)	MOVEMENT Type/Amount:	REFLE	ECTIVE PR	ACTICES	5		SUPPORTI	NG
RELAXATI □ YES □ Type/Amc] NO	PLAY □ YES □ NO Type/Amount:		STRESSORS				NON-SUPPOI	RTING
			1						
ENERGY LE	VEL	12am 2am 4am	6am	8am 10a	am 12p	m 2p	m 4pm	6pm 8pm	10pm
EXCESSI HIGH MODERATE /A	VERAGE								
LOW ASLEE									
	·								
		REFI	EECT						
но		POND TO TODAY'S CHA . COMMITMENT TODAY?			2 3 6		-	8 9 10	
		Notes, question	s, tho	ughts, (etc.				



Week 5 | Day 3 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



TIME		FOOD & DRINK INTAKE (INCLUDES TYPE & AMOUNT)				MACRONUTRIENTS (PFC) & PHYTONUTRIENTS					
Rising Time											
Breakfast TIME :					□ R	_ o	P _	□ G	F	C L	
Mid-AM Snack TIME :							P _	□ G	F	C L	
Lunch TIME :					□ R		P _	□ G	F	C L	
Mid-PM Snack TIME :					□ R		P _	□ G	F	C L	
Dinner TIME :							P _	□ G	F	C L	
PM Snack TIME :							Р			C	
Bed Time:							Р		F	C	
P: Proteins F: Fats C:	Carbohydrates R:	Red O: Orange	Y: Yellow	G : Green	B/P/B	L: Blue/F	Purple/I	Black \	W/T/B: W	hite/Tan/Brown	
SLEEP & RELA	XATION	MOVEMENT	& PLAY	ı	INDFULN	IESS			RELATIO	NSHIP	
Quantity_ Quality: □ POOR □	(hours)	MOVEME Type/Amo		REFL	ECTIVE PR	ACTICES	3	SUPPOF	RTING		
RELAXAT □ YES □ Type/Amo] NO	□ YES □	PLAY □ YES □ NO Type/Amount:		STRESSO	RS			NON-SUPF	PORTING	
ENERGY LE	EVEL	12 am	2am 4ar	n 6am	8am 10a	am 12p	m 2pn	n 4pm	6pm 8p	m 10pm	
EXCESSI HIGH MODERATE /A LOW ASLEE	VERAGE										
			REF	LECT	·						
но	W DID YOU RES OVERALL	POND TO TOD COMMITMEN Notes, q	AY'S CH <i>I</i> F TODAY	ALLENG? 1 2	ES? 1 3 4	5 6 7		-	8 9 10		



Week 5 | Day 4 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



TIME		OD & DRINK INTAKE JDES TYPE & AMOUNT)		M	IACRON	IUTRIE	NTS (PF	C) & PHYTONU	TRIENTS
Rising Time									
Breakfast						P		F	С
TIME:				□ R	□ o	□ Y	□ G	□ B/P/BL	□ W/T/BR
Mid-AM Snack						_ P		F	C
TIME:				□ R	□ 0		□ G	□ B/P/BL	□ W/T/BR
Lunch						_ P		F	C
TIME:				□ R	_ O	□ Y	□ G	□ B/P/BL	□ W/T/BR
Mid-PM Snack						_ P		F	C
TIME:				□ R	_ O	Р	□ G	□ B/P/BL	□ W/T/BR
Dinner TIME :				R		_ P Y		 □ B/P/BL	□ W/T/BR
TIME.						P P	G		C
PM Snack TIME :				R				 □ B/P/BL	□ W/T/BR
11112.						P .		F	C
Bed Time:				R	ПО	_ ' □ Y		' □ B/P/BL	□ W/T/BR
P: Proteins F: Fats C:	Carbohydrates R:	Red O: Orange Y: Yellow	G : Green	B/P/BL	: Blue/I	Purple/	'Black	W/T/B: White	e/Tan/Brown
SLEEP & RELA	XATION	MOVEMENT & PLAY	МІ	MINDFULNESS				RELATIONS	HIP
QuantityQuality: DOOR D	(hours)	MOVEMENT Type/Amount:	REFLECTIVE PRACTICES			5		SUPPORTI	NG
RELAXAT □ YES □ Type/Amo] NO	PLAY □ YES □ NO Type/Amount:	s	STRESSOF	RS			NON-SUPPOR	RTING
ENERGY LE	EVEL	12 am 2am 4am	6am 8	Ram 10a	m 12n	m 2n	m 4pm	6pm 8pm	10pm
EXCESSI		IZAIII ZAIII AAII	ouiii c	Jann 100	<u>12</u> p	711 ZPI	ш 4рп	opin opin	100111
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ASLEE	P								
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но		POND TO TODAY'S CHA COMMITMENT TODAY? Notes, question	1 2	3 4 5	6 7			8 9 10	



Week 5 | Day 5 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



TIME		OOD & DRINK INTAK UDES TYPE & AMO			MACRONUTRIENTS (PFC) & PHYTONUTRIENTS						
Rising Time											
Breakfast							P		F	C	
TIME:					□R	_ O		□G	□ B/P/BL	□ W/T/BR	
Mid-AM Snack TIME:							_P		F	CC	
TIME.					L K		P		F	C W/1/BR	
Lunch TIME :					□ R	_ o		□G	□ B/P/BL	□ W/T/BR	
Mid-PM Snack							_ P		F	C	
TIME:					□R	□ o	□ Y	□G	□ B/P/BL	□ W/T/BR	
Dinner							_ P		F	C	
TIME:					□ R	_ 0	□ Y P	□ G	□ B/P/BL		
PM Snack TIME :					—— □ R	ПО		□ G	⊢ □ B/P/BL	CC	
							Р		F	C	
Bed Time:					□R	□ o	□ Y	□G	□ B/P/BL	□ W/T/BR	
P: Proteins F: Fats C:	Carbohydrates R :	Red O: Orange Y	: Yellow	G : Greer	B/P/BI	L: Blue/I	Purple/	Black '	W/T/B: Whit	e/Tan/Brown	
SLEEP & RELAXATION MOVEMENT & PLAY MINDFULNESS									RELATIONS	HIP	
Quantity	SLEEP Quantity (hours) Quality: □ POOR □ FAIR □ GOOD			REFLECTIVE PRACTICES				SUPPORTING			
RELAXATI □ YES □ Type/Amo] NO	PLAY □ YES □ ↑ Type/Amou			STRESSORS NON-SUPPORTIN				RTING		
ENERGY LE		12am 2	am 4am	6am	8am 10a	am 12p	m 2pr	m 4pm	6pm 8pm	10pm	
EXCESSI HIGH MODERATE /A LOW ASLEE	VERAGE										
	REFLECT										
HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10 OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10 Notes, questions, thoughts, etc.											



Week 1 | Day 6 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



TIME		OOD & DRINK INTAK UDES TYPE & AMOU			MACRONUTRIENTS (PFC) & PHYTONUTRIENTS						
Rising Time											
Breakfast							Р		F	C	
TIME:					□R	_ O		□G	□ B/P/BL	□ W/T/BR	
Mid-AM Snack TIME:							_P		F	CC	
TIME.					L K		P		F	C W/1/BR	
Lunch TIME :					□ R	_ o		□G	□ B/P/BL	□ W/T/BR	
Mid-PM Snack							P		F	C	
TIME:					□R	□ o	□ Y	□G	□ B/P/BL	□ W/T/BR	
Dinner							P		F	C	
TIME:					□ R	_ O	□ Y P	□ G	□ B/P/BL		
PM Snack TIME :					—— □ R	ПО		□ G	⊢ □ B/P/BL	CC	
							Р		F	C	
Bed Time:					□R	□ o	□ Y	□G	□ B/P/BL	□ W/T/BR	
P: Proteins F: Fats C:	Carbohydrates R :	Red O: Orange Y	Yellow (G : Greer	B/P/BI	L: Blue/I	Purple/	Black '	W/T/B: Whit	e/Tan/Brown	
SLEEP & RELAXATION MOVEMENT & PLAY MINDFULNESS									RELATIONS	SHIP	
Quantity	SLEEP Quantity(hours) Quality: □ POOR □ FAIR □ GOOD			REFLECTIVE PRACTICES				SUPPORTING			
RELAXATI □ YES □ Type/Amo] NO	PLAY □ YES □ N Type/Amour		STRESSORS			RESSORS NON-SUPPORTING				
ENERGY LE	VEL	12am 2	am 4am	6am	8am 10a	am 12p	m 2pr	m 4pm	6pm 8pm	10pm	
EXCESSI HIGH MODERATE /A LOW ASLEE	VERAGE										
	REFLECT										
HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10 OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10 Notes, questions, thoughts, etc.											



Week 5 | Day 7 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



TIME		OOD & DRINK INT UDES TYPE & AM			MACRONUTRIENTS (PFC) & PHYTONUTRIENTS						
Rising Time											
Breakfast TIME :						_ o	P _	□ G	F □ B/P/BL	C W/T/BR	
Mid-AM Snack TIME :					R	_ O	P Y	□ G	FF	C 	
Lunch TIME :					R	_ O	P _	□ G	F	C 	
Mid-PM Snack TIME :					R	_ O	P	□ G	FF	CC	
Dinner TIME :					R	_ O	P	□ G	F	C	
PM Snack TIME :					R	_ O	P .	□ G	F	CC	
Bed Time:					R	_ o	P _	□ G	F	C	
P: Proteins F: Fats C:	Carbohydrates R :	Red O : Orange	Y: Yellow	G : Greer	B/P/BI	L: Blue/I	Purple/	Black '	W/T/B: Whit	te/Tan/Brown	
SLEEP & RELA	XATION	MOVEMENT	& PLAY	1	MINDFULNESS RELATIONSHIP						
QuantityQuality: POOR	MOVEME Type/Am		REFL	REFLECTIVE PRACTICES				SUPPORTING			
RELAXAT I □ YES □ Type/Amo] NO	PLAY □ YES □ Type/Am	NO NO	STRESSORS				NON-SUPPORTING			
ENERGY LE	EVEL	12am	2am 4aı	m 6am	8am 10a	ım 12p	m 2pr	n 4pm	6pm 8pm	10pm	
EXCESSI HIGH MODERATE /A LOW ASLEE	VE VERAGE							-41	, 3 p		
	REFLECT										
HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10 OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10											
		Notes, c	luestior	is, tho	ughts,	etc.					

LET GO & GROW

LET GO & GROW AFFIRMATION

"I choose to let go and grow as I release the old to make room for the new. I am free to be me. All is well in my mind, body, heart and life now."

This is your space to increase awareness around what works and what does not. Here, you have the opportunity to process, release, clear and bring about transformation by simply choosing to Let Go & Grow. Under the "Let Go" column, simply write down what you would like to release, and under the "Grow" column, write down what you would like to connect with, embrace and bring about.

LET GO	GROW

WEEK 6: BRINGING IT ALL TOGETHER

WEEKLY SCHEDULE

NOΩ	
TUES	
WED	
THC	
FR	
SAT	
SUN	
NOTES	



Week 6 | Day 1 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



TIME		OOD & DRINK INT UDES TYPE & AM			MACRONUTRIENTS (PFC) & PHYTONUTRIENTS						
Rising Time											
Breakfast TIME :						_ o	P _	□ G	F □ B/P/BL	C W/T/BR	
Mid-AM Snack TIME :					R	_ O	P Y	□ G	FF	C 	
Lunch TIME :					R	_ O	P _	□ G	F	C 	
Mid-PM Snack TIME :					R	_ O	P	□ G	FF	CC	
Dinner TIME :					R	_ O	P	□ G	F	C	
PM Snack TIME :					R	_ O	P .	□ G	F	CC	
Bed Time:					R	_ o	P _	□ G	F	C	
P: Proteins F: Fats C:	Carbohydrates R :	Red O : Orange	Y: Yellow	G : Greer	B/P/BI	L: Blue/I	Purple/	Black '	W/T/B: Whit	te/Tan/Brown	
SLEEP & RELA	XATION	MOVEMENT	& PLAY	1	MINDFULNESS RELATIONSHIP						
QuantityQuality: POOR	MOVEME Type/Am		REFL	REFLECTIVE PRACTICES				SUPPORTING			
RELAXAT I □ YES □ Type/Amo] NO	PLAY □ YES □ Type/Am	NO NO	STRESSORS				NON-SUPPORTING			
ENERGY LE	EVEL	12am	2am 4aı	m 6am	8am 10a	ım 12p	m 2pr	n 4pm	6pm 8pm	10pm	
EXCESSI HIGH MODERATE /A LOW ASLEE	VE VERAGE							-41	, 3 p		
	REFLECT										
HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10 OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10											
		Notes, c	luestior	is, tho	ughts,	etc.					



Week 6 | Day 2 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



TIME		OOD & DRINK INT. UDES TYPE & AM			MACRONUTRIENTS (PFC) & PHYTONUTRIENTS						
Rising Time											
Breakfast TIME :						_ o	P .	□ G	F □ B/P/BL		
Mid-AM Snack TIME :					R	_ O	P _ Y	□ G	F	C	
Lunch TIME :					R	_ O	P .	□ G	F	C	
Mid-PM Snack TIME :						_ O	P _ Y	□ G	F	C W/T/BR	
Dinner TIME :					R	_ O	P .	□ G	F □ B/P/BL	C 	
PM Snack TIME :					R	_ O	P .	□ G	F	CC	
Bed Time:					R	_ o	P Y	□ G	FF	C W/T/BR	
P: Proteins F: Fats C:	Carbohydrates R :	Red O : Orange	Y: Yellow	G : Greer	B/P/BI	L: Blue/I	Purple/	Black '	W/T/B: Whi	te/Tan/Brown	
SLEEP & RELA	XATION	MOVEMENT	& PLAY	1	MINDFULNESS RELATIONSHIP					SHIP	
Quantity_ Quality:	MOVEME Type/Am		REFL	REFLECTIVE PRACTICES				SUPPORTING			
RELAXATI □ YES □ Type/Amo] NO	PLAY □ YES □ Type/Am	NO NO	STRESSORS				NON-SUPPORTING			
ENERGY LE	EVEL	12am	2am ∕ai	m 6am	8am 10a	am 12n	m 2nr	m 4pm	6pm 8pm	10pm	
EXCESSI HIGH MODERATE /A LOW ASLEE	VE VERAGE	abulii	assert agent	Juni	200			40.11	op opin	-56	
	REFLECT										
HOW DID YOU RESPOND TO TODAY'S CHALLENGES? 1 2 3 4 5 6 7 8 9 10 OVERALL COMMITMENT TODAY? 1 2 3 4 5 6 7 8 9 10 Notes, questions, thoughts, etc.											
		110165, 0	14631101	13, 1110	agiits, (



Week 6 | Day 3 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



TIME		OOD & DRINK INTA UDES TYPE & AM			N	MACRON	UTRIEI	NTS (PF(C) & PHYTONU	TRIENTS
Rising Time										
Breakfast TIME :					R	_ o	P Y	□ G	F □ B/P/BL	C W/T/BR
Mid-AM Snack TIME :					R	_ O	_P	□ G	FF	C
Lunch TIME :					R	_ O	P Y	□ G	F	CC
Mid-PM Snack TIME :					R	_ O	_ P	□ G	F	C W/T/BR
Dinner TIME :					R	_ O	_ P	□ G	FF	C
PM Snack TIME :					R	_ O	P Y	□ G	FF	CC
Bed Time:					R	_ o	_ P	□ G	F □ B/P/BL	C
P: Proteins F: Fats C:	Carbohydrates R	Red O: Orange	Y: Yellow	G : Greer	B/P/BL	.: Blue/F	Purple/	Black \	W/T/B: Whit	e/Tan/Brown
SLEEP & RELA	XATION	MOVEMENT 8	& PLAY	N	IINDFULN	ESS			RELATIONS	НІР
Quantity_ Quality:	(hours)	MOVEME Type/Amo		REFLI	ECTIVE PRA	ACTICES	3		SUPPORTI	NG
RELAXATI □ YES □ Type/Amo] NO □ YES □ NO			STRESSOI	RS			NON-SUPPOI	RTING	
ENERGY LE	VEL	12am	2am 4am	6am	8am 10a	ım 12p	m 2pr	m 4pm	6pm 8pm	10pm
EXCESSI HIGH MODERATE /A LOW ASLEER	VERAGE									
			REFI	ECT	1					
нол	W DID YOU RES OVERALL	POND TO TOD. COMMITMENT	Γ TODAY?	1 2	3 4 5		4 5 7 8	-	8 9 10	
		1νοίθο, ψ	u e s t i O I i	5, 1110	agiits, t					



Week 6 | Day 4 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



		OOD & DRINK INTA LUDES TYPE & AM			N	MACRON	UTRIEI	NTS (PF	C) & PHYTON	UTRIENTS
Rising Time										
Breakfast							Р		F	C
TIME:					□R		<u> </u>	⊔ G	□ B/P/BL	□ W/T/BR
Mid-AM Snack TIME:					□ R	_ o		□ G	□ B/P/BL	
Lunch TIME :						_ o	P	□ G	FF	C W/T/BR
Mid-PM Snack TIME :					R	_ o	P Y	□ G	F	
Dinner TIME :					R	_ O	P	□ G	F	CC
PM Snack							P .		F	C
TIME:					□R	_ O	□ Y P	□ G	□ B/P/BL	□ W/T/BR
Bed Time:					R	_ O		□ G		
P: Proteins F: Fats C:							urple/	Black		
SLEEP & RELA				MINDFULNESS REFLECTIVE PRACTICES			RELATIONSHIP SUPPORTING			
Quantity	(hours)	MOVEME Type/Amo		IXLI LI		AOTIOES			301101	
RELAXATI] NO □ YES □ NO			STRESSOI	RS			NON-SUPPO	ORTING	
Type/Amo	ount: 	Type/Amo								
					2					
ENERGY LE	EVEL			6am	8am 10a	ım 12p	m 2pr	m 4pm	6pm 8pm	1 10pm
ENERGY LE	VEL			6am	8am 10a	ım 12p	m 2pı	m 4pm	6pm 8pm	n 10pm
ENERGY LE	VE			6am	8am 10a	ım 12p	m 2pr	m 4pm	6pm 8pm	10pm
ENERGY LE EXCESSI HIGH	VE			ı 6am	8am 10a	ım 12p	т 2рг	n 4pm	6pm 8pm	1 10pm
ENERGY LE EXCESSI HIGH MODERATE /A	VE VE VERAGE			ı 6am	8am 10a	nm 12p	m 2pr	n 4pm	6pm 8pm	1 10pm
ENERGY LE EXCESSI HIGH MODERATE /A LOW	VE VE VERAGE					ım 12p	m 2pr	n 4pm	6pm 8pm	n 10pm
ENERGY LE EXCESSI HIGH MODERATE /A LOW ASLEEI	VEL VE VERAGE P	12am	2am 4am REFI	LE C T	ES? 1	2 3	4 5	6 7	6pm 8pm	n 10pm
ENERGY LE EXCESSI HIGH MODERATE /A LOW ASLEEI	VEL VE VERAGE P	12am	REFI AY'S CHA	LECT	ES? 1 3 4 5	2 3 6 7	4 5	6 7		1 10pm



Week 6 | Day 5 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



ТІМЕ		OOD & DRINK INTA UDES TYPE & AM			N	MACRON	UTRIEI	NTS (PFC	C) & PHYTONU	TRIENTS
Rising Time										
Breakfast TIME :					R	_ o	P .	□G	F □ B/P/BL	C W/T/BR
Mid-AM Snack TIME :						_ O	P Y	□ G	F □ B/P/BL	C W/T/BR
Lunch TIME :						_ O	P	□ G	FF	C
Mid-PM Snack TIME :						_ O	P Y	□ G	F □ B/P/BL	C W/T/BR
Dinner TIME :						_ O	P .	□ G	F □ B/P/BL	C W/T/BR
PM Snack TIME :					R	_ O	P .	□ G	F	CC
Bed Time:					R	_ O	P .	□ G	F	CC
P: Proteins F: Fats C:	Carbohydrates R	Red O: Orange	Y: Yellow	G : Greer	B/P/BL	.: Blue/F	urple/	Black \	W/T/B: Whit	e/Tan/Brown
SLEEP & RELA	XATION	MOVEMENT	& PLAY	1	INDFULN	ESS			RELATIONS	НІР
QuantityQuality: DOOR D	(hours)	MOVEME Type/Amo		REFL	ECTIVE PRA	ACTICES			SUPPORTI	NG
RELAXATI □ YES □ Type/Amo	□ NO □ YES □ NO			STRESSOI	RS			NON-SUPPOI	RTING	
ENERGY LE	VEL	12 am	2am 4am	6am	8am 10a	ım 12p	m 2pr	n 4pm	6pm 8pm	10pm
EXCESSI HIGH MODERATE /A LOW ASLEEI	VERAGE									
			REFI	ЕСТ						
нол	W DID YOU RES OVERALL	POND TO TOD COMMITMENT Notes, q	Γ TODAY?	1 2	3 4 !			-	8 9 10	
		.,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		_,0	9 / 1 5 3 7 1					



Week 6 | Day 6 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



		OOD & DRINK INTA LUDES TYPE & AM			٨	MACRON	UTRIEI	NTS (PF	C) & PHYTON	UTRIENTS	
Rising Time											
Breakfast							P		F	C	
TIME:					□R		<u> </u>	⊔ G	□ B/P/BL	□ W/T/BR	
Mid-AM Snack TIME :					□ R	□ o		□ G	□ B/P/BL		
Lunch TIME :						_ o	P Y	□ G	F □ B/P/BL	C W/T/BR	
Mid-PM Snack TIME :						_ o	P	□ G	FF		
Dinner TIME :					R	□ 0	P	□ G	F	C	
PM Snack							P .		F	C	
TIME:					□R	_ O	□ Y P	□ G	□ B/P/BL	□ W/T/BR	
Bed Time:					□ R	_ o		□ G	B/P/BL		
P: Proteins F: Fats C:		: Red O: Orange			B/P/BL		urple/	Black	W/T/B: Wh		
SLEEP		MOVEME			ECTIVE PR			SUPPORTING			
QuantityQuality:	(hours)	Type/Amo									
RELAXATI] NO □ YES □ NO			STRESSOI	RS			NON-SUPPO	DRTING		
Type/Amo	ount:	турел Агпо									
Type/Amo			2am 4am	6am	8am 10a	ım 12p	m 2pi	m 4pm	6pm 8pm	1 10pm	
ENERGY LE	VEL		2am 4am	6am	8am 10a	ım 12p	т 2рг	m 4pm	6pm 8pm	10pm	
ENERGY LE EXCESSI HIGH	VE		2am 4am	6am	8am 10a	ım 12p	т 2рг	m 4pm	6pm 8pm	10pm	
ENERGY LE	VE		2am 4am	6am	8am 10a	ım 12p	m 2pr	m 4pm	6pm 8pm	10pm	
ENERGY LE EXCESSI HIGH MODERATE /A	VE VE VERAGE		2am 4am	6am	8am 10a	ım 12p	m 2pr	m 4pm	6pm 8pm	10pm	
ENERGY LE EXCESSI HIGH MODERATE /A LOW	VE VE VERAGE		2am 4am			nm 12p	т 2рг	m 4pm	6pm 8pm	10pm	
ENERGY LE EXCESSI HIGH MODERATE /A LOW ASLEER	VEL VE VERAGE P	12am	REFI ay's cha	LE C T	ES? 1	2 3	4 5	6 7	6pm 8pm	10pm	
ENERGY LE EXCESSI HIGH MODERATE /A LOW ASLEER	VEL VE VERAGE P	12am	REFI ay's cha g today?	LECT	ES? 1 3 4 5	2 3 6 7	4 5	6 7		1 10pm	



Week 6 | Day 7 Date

DAILY CHECKLIST INTENTION

- □ Intention
- ☐ Guidelines
- ☐ Assignment
- ☐ Heart Based Practice
- □ Evaluation

FREE SPACE



		OOD & DRINK INTA LUDES TYPE & AM			N	MACRON	UTRIEI	NTS (PF	C) & PHYTON	UTRIENTS
Rising Time										
Breakfast							Р		F	C
TIME:					□R		<u> </u>	⊔ G	□ B/P/BL	□ W/T/BR
Mid-AM Snack TIME:					□ R	_ o		□ G	□ B/P/BL	
Lunch TIME :						_ o	P	□ G	FF	C W/T/BR
Mid-PM Snack TIME :					R	_ o	P Y	□ G	F	
Dinner TIME :					R	_ O	P	□ G	F	CC
PM Snack							P .		F	C
TIME:					□R	_ O	□ Y P	□ G	□ B/P/BL	□ W/T/BR
Bed Time:					R	_ O		□ G		
P: Proteins F: Fats C:							urple/	Black		
SLEEP & RELA				MINDFULNESS REFLECTIVE PRACTICES			RELATIONSHIP SUPPORTING			
Quantity	(hours)	MOVEME Type/Amo		IXLI LI		AOTIOES			301101	
RELAXATI] NO □ YES □ NO			STRESSOI	RS			NON-SUPPO	ORTING	
Type/Amo	ount: 	Type/Amo								
					2					
ENERGY LE	EVEL			6am	8am 10a	ım 12p	m 2pr	m 4pm	6pm 8pm	1 10pm
ENERGY LE	VEL			6am	8am 10a	ım 12p	m 2pı	m 4pm	6pm 8pm	n 10pm
ENERGY LE	VE			6am	8am 10a	ım 12p	m 2pr	m 4pm	6pm 8pm	10pm
ENERGY LE EXCESSI HIGH	VE			ı 6am	8am 10a	ım 12p	т 2рг	n 4pm	6pm 8pm	1 10pm
ENERGY LE EXCESSI HIGH MODERATE /A	VE VE VERAGE			ı 6am	8am 10a	nm 12p	m 2pr	n 4pm	6pm 8pm	1 10pm
ENERGY LE EXCESSI HIGH MODERATE /A LOW	VE VE VERAGE					ım 12p	m 2pr	n 4pm	6pm 8pm	n 10pm
ENERGY LE EXCESSI HIGH MODERATE /A LOW ASLEEI	VEL VE VERAGE P	12am	2am 4am REFI	LE C T	ES? 1	2 3	4 5	6 7	6pm 8pm	n 10pm
ENERGY LE EXCESSI HIGH MODERATE /A LOW ASLEEI	VEL VE VERAGE P	12am	REFI AY'S CHA	LECT	ES? 1 3 4 5	2 3 6 7	4 5	6 7		1 10pm

LET GO & GROW

LET GO & GROW AFFIRMATION

"I choose to let go and grow as I release the old to make room for the new. I am free to be me. All is well in my mind, body, heart and life now."

This is your space to increase awareness around what works and what does not. Here, you have the opportunity to process, release, clear and bring about transformation by simply choosing to Let Go & Grow. Under the "Let Go" column, simply write down what you would like to release, and under the "Grow" column, write down what you would like to connect with, embrace and bring about.

LET GO	GROW

