

ACT FOR LESS STRESS

A **ALARM:** GET UP WHEN YOU SAY YOU'LL GET UP. WRITE THE TIME YOU'LL GET UP IN THE BOX AND CHECK BOX WHEN YOU DO IT

C **CARE:** HOW WILL YOU CARE FOR YOUR BODY? EXERCISE? EATING? SLEEPING? WRITE IT DOWN. CHECK OR CROSS OFF WHEN DONE

T **TOP TWO:** WRITE DOWN YOUR TOP 2 THINGS TO GET DONE TODAY. CHECK WHEN DONE.



SMB
STRENGTH: MIND & BODY

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