



Lift your LIFE

confidence coaching

habit: Write out that habit again, and checkmark the circle above if you accomplished it today!

tasks for the week:

(tally mark the times you've done each so far)

1	2	3
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workouts: Are you nervous to strength train? Which exercises are the most scary? Do you have a gameplan for when you get to the gym? Elaborate below:

reflection: What was something that made you feel safe today? Was it something familiar, foreign? Elaborate below:

"mirror talk":

repeat:

"I am deserving of time to grow."

3 times

THEME: create routine

Lift your LIFE with LAURA

WK 1: Monday