

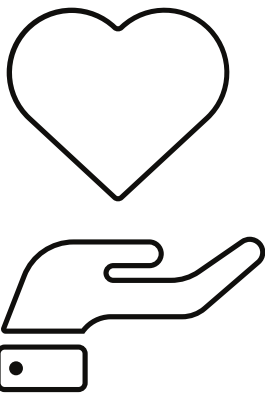
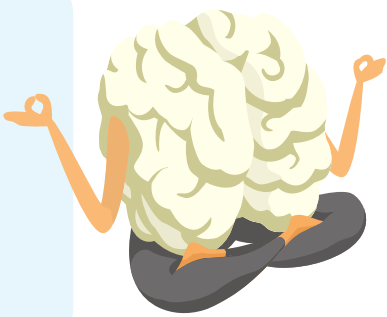
BECAUSE I HAVE 8 MINUTES EVERY MORNING FOR ME, I AM:

# STRONGER

I HAVE MY PEN & JOURNAL - I WILL COMPLETE EACH STEP FOR 1-MINUTE.

## S - SACRED TIME

DEEP BREATHING, PRAY, MEDITATE, OR  
PRACTICE MINDFULNESS

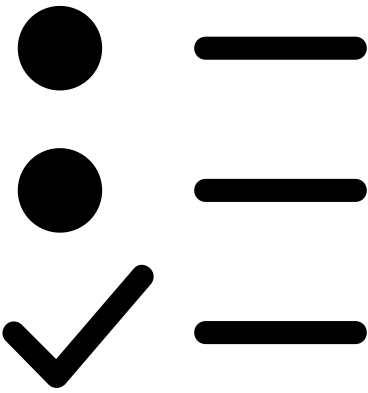


## T - THANKFULNESS

WRITE DOWN 3 THINGS AND WHY I AM  
THANKFUL FOR EACH ONE.

## R - RESEARCH OR READ

READ OR RESEARCH A TOPIC.



## O - ONE THING

WHAT IS THE ONE THING THAT WILL MOVE ME  
CLOSER TO MY GOAL THAT I WILL DO TODAY?

## N - NOTE

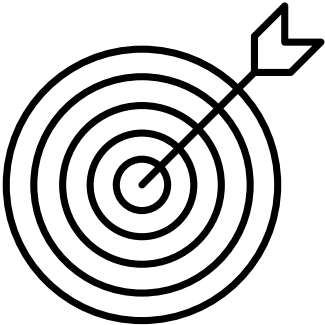
WHAT AM I LEARNING  
ABOUT MYSELF?  
(WRITE IT DOWN.)



WHAT DID I ACCOMPLISH  
YESTERDAY?  
(WRITE IT DOWN.)

## G - GOALS

FOCUS ON AT LEAST ONE GOAL IN THE 5 AREAS -  
MOVEMENT, CONNECTION, NUTRITION, SELF-CARE,  
BUILD (CAREER, PERSONAL/PROFESSIONAL GROWTH)



## E - EXERCISE

CHOOSE ONE EXERCISE AND DO IT.

## R - REFLECT

REVIEW JOURNAL.

