**I AM A WELLBEING WARRIOR: SHAKE UP THE WAKE UP MORNING RITUALS**

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|  | **What will go RIGHT for me today?** | **What 3 qualities will I bring to today?** | **One move towards my 2018 GWS I will make today?** |
| **MONDAY** |  |  |  |
| **TUESDAY** |  |  |  |
| **WEDNESDAY** |  |  |  |
| **THURSDAY** |  |  |  |
| **FRIDAY** |  |  |  |
| **SATURDAY** |  |  |  |
| **SUNDAY** |  |  |  |