




NEXT,

- CROSS OUT THE PARTS OF YOUR DAY THAT ARE NON-ESSENTIAL.
- CIRCLE OR HIGHLIGHT THE PARTS OF YOUR DAY WHEN YOU ARE MOST MOTIVATED.
- CIRCLE OR HIGHLIGHT THE PART OF YOUR DAY YOU CAN MAKE TIME FOR YOUR NEW HABIT.
- WRITE DOWN YOUR NEW HABIT ON YOUR SCHEDULE.

THIS IS YOUR NEW PLAN. 😊

START TOMORROW.

REMEMBER YOU DESERVE IT!

xoxo JILLIAN

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