

THE NO-CHANGE LIST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DON'T CHANGE!					
GOOD THING!					
LOVING THIS!					
NAILED IT!					
ROCK ON!					
AFFIRMATION					

In the first five boxes write things that happen each day that you DON'T want to change because they are going well. Just five per day. Everything else can be open for tweaking. In the last box, write a little note to yourself, acknowledging how these 5 things are going gangbusters for you. Despite everything else...you NAILED these 5 things on this particular day.