

## Life Hacks for the SuperStar

Before I get out of bed, I will \_\_\_\_\_

\_\_\_\_\_

I know that if I do not \_\_\_\_\_

One area that I will \_\_\_\_\_ is \_\_\_\_\_

I will change "\_\_\_\_\_" with "\_\_\_\_\_" from now on remembering

how \_\_\_\_\_ I am.

Tasks that I do not necessarily LOVE will \_\_\_\_\_

\_\_\_\_\_

When I need to take a break from a task, I will have an \_\_\_\_\_

I LOVE the power of \_\_\_\_\_, it allows an \_\_\_\_\_

\_\_\_\_\_

When I am feeling overwhelmed, I will \_\_\_\_\_. I will then

\_\_\_\_\_

Unless it is a scheduled work task, I will check my \_\_\_\_\_.

\_\_\_\_\_

I will \_\_\_\_\_ with a focus on what is important to me.

Courage comes from \_\_\_\_\_

I will end my day with \_\_\_\_\_ to put myself at ease and

celebrate \_\_\_\_\_.