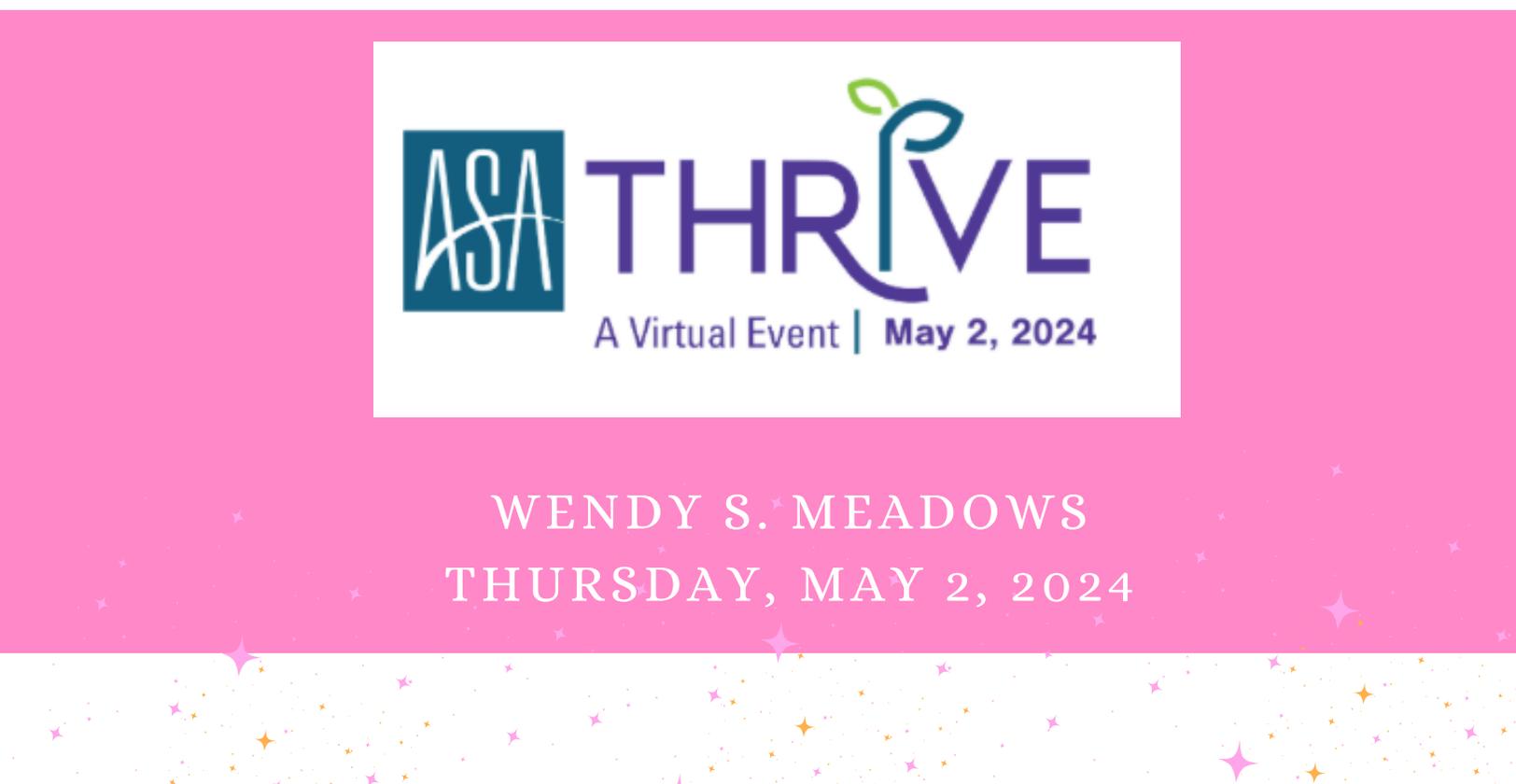




 sparkle  
& GRIT



WENDY S. MEADOWS  
THURSDAY, MAY 2, 2024



DATE \_\_\_\_\_

BIG **EVENT** \_\_\_\_\_ I WILL **MOVE** MY BODY BY \_\_\_\_\_

WHEN I WOKE UP, I **FELT** \_\_\_\_\_

YESTERDAY WAS GREAT BECAUSE \_\_\_\_\_

HOWEVER, THERE WAS ONE PLACE WHERE I COULD HAVE DONE BETTER WITH WORK/FAMILY/  
FRIENDS/ME \_\_\_\_\_

I WILL **NOURISH** MY BODY BY \_\_\_\_\_

I AM **GRATEFUL FOR**

1	2	3
---	---	---

A **CONCRETE** WAY I  
WILL PLUG INTO MY  
FAMILY TODAY

TOP 3 TASKS I WILL **ACCOMPLISH** TODAY

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

IN MY \_\_\_\_\_ TODAY, MY **AFFIRMATION** IS

“I AM \_\_\_\_\_”

WHEN I **GO TO BED**, I WANT TO KNOW

\_\_\_\_\_

AND I WANT TO **WAKE UP** TOMORROW FEELING

\_\_\_\_\_

AND I **CAN DO**  
THIS IF I

DATE \_\_\_\_\_

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# Share your Wins!

As you live your sparkle & GRIT life, please tag me and let me know how it is going. I love to hear your stories!

Be sure to use #sparkleandGRIT

You can find me here:

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LinkedIn: <https://www.linkedin.com/in/wendy-s-meadows/>



**Wendy S. Meadows**

Coach | Author | Speaker

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