

ANGEL WING'S 30-DAY E- WORKBOOK

**ESTABLISH A DAILY ROUTINE FOR
WELLBEING & SELF-MASTERY**

CHETANA KRIPALU, MD

**FOUNDER/CEO
THE ANGEL WING, LLC**

This E-book (in PDF format) is not copyrighted.

ANGEL WING VISION STATEMENT

The Angel Wing, LLC is dedicated to human upliftment, self-mastery, and personal transformation via the development and implementation of diverse wellness programs. Integrated and complementary approaches are utilized in the development and implementation of meditation programs, educational seminars/workshops, publications, nutritional & physical fitness programs, personal accountability programs, and the quantum transformation program. All Angel Wing, LLC programs are free of charge to the public where diverse knowledge bases are utilized for program development. Participants from the general public at large can take advantage of these programs without incurring a financial burden. Such an approach promotes intrinsic motivation for self-development and self-mastery of each participant who can subsequently promote wellbeing and personal development to others.

Angel Wing's three major principles: Self-Mastery, Personal Transformation, and Human Upliftment. For more information, please contact The Angel Wing, LLC below:

<https://theangelwing.com/>

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PHONE: 302-283-9878

FREE ONLINE PROGRAMS

- MONDAY EVENINGS (6 PM TO 7 PM) – MEDITATION WITH DR. CHETANA KRIPALU
- TUESDAY MORNINGS (7 AM TO 8 AM) – YOGA WITH NIMISH DAYALU (FROM INDIA)
- WEDNESDAY EVENINGS (7 PM TO 8 PM) – MEDITATION WITH DR. ELIZABETH BERMAN
 - THURSDAY EVENINGS (8 PM TO 9 PM) – Q/A WORKBOOK SESSION
- SUNDAY EVENINGS (7 PM TO 8 PM) – MEDITATIVE DIALOGUE WITH ANGEL WING'S QUANTUM TRANSFORMATION PROGRAM
 - SUNDAY EVENINGS (8:15 PM – 9:15 PM) – Q/A SESSION DR. CHETANA KRIPALU
 - DAILY MORNING MEDITATION (7:30 AM – 8:30 AM)

CLICK HERE TO ENTER ALL ONLINE PROGRAMS

<https://us04web.zoom.us/j/8919816907?pwd=MVlvUEZRbmw1RDk4UFdxdkFmOVBudz09>

Meeting ID: 891 981 6907

Passcode: WqA3u1

ANGEL WING' DISCLAIMER STATEMENT

The Angel Wing, LLC program is NOT intended to provide diagnosis and/or treatment for any medical, psychiatric, psychological, sociological, economic, and/or financial problems, and participants are encouraged to contact their medical provider (or another such professional provider) if necessary. Meditation techniques and ideas presented are solely for the purpose of providing tools that may be utilized by participants to enhance overall wellbeing. Additionally, all ideas presented by Angel Wing presenters are only for participant consideration. The practice of any meditation technique is voluntary. There is no intention to promote and/or criticize any religious, spiritual, and/or meditative traditions. If there are any difficulties faced by participants while doing any meditation techniques, please contact Angel Wing and appropriate guidance will be provided.

DAILY ROUTINE LEADS TO SELF-MASTERY

Welcome to Angel Wing!

The Angel Wing team is very happy to present the 1st online 30-day workbook. We are truly honored that you have decided to go through the 30-day program. The establishment of a daily routine is foundational to ultimately achieving self-mastery. SELF-MASTERY is one of the three foundational principles around which Angel Wing has been created and continues to grow and develop. The other two principles are PERSONAL TRANSFORMATION and HUMAN UPLIFTMENT, which are intrinsically linked to self-mastery. The state of self-mastery is an extraordinary way of living one's life where balance, integration, clarity, and joy abide as one's natural state. To reach such a state, Angel Wing provides online programs, meditations, dialogues, and this 1st workbook to the public so that each person in society has an opportunity (without any financial burden) to reach a state of self-mastery and live to one's highest potential. To assist in this journey, establishing and following a daily routine of visualization, meditation, self-reflection, and contemplation are greatly beneficial.

Please note that this e-book has fully integrated web links for all materials you will need. If you want to write in a journal (either physically or online) you may do so. You may also create voice recordings using your phone as that may be an easier way to record your thoughts, ideas, experiences, comments, and questions. You may send all such materials (as per your wish) to theangelwing19@gmail.com. Angel Wing volunteers will stay in touch with you. Sending any such material to Angel Wing is optional. You may start Day # 1 at your convenience and decision.

Please also note that this e-workbook is available only to those who have agreed to do the 30-day program. Angel Wing also provides weekly online discussions and Q/A for all those who are doing the 30-day program. This will be held from 8:15 PM to 9:15 PM every Sunday, after the usual Sunday evening meditative dialogue that is from 7 PM to 8 PM.

Before starting this e-workbook, please listen to the following introduction from Dr. Chetana Kripalu (click on the podcast link below) and two introductory videos by Yoga Master Nimish Dayalu:

SELF-MASTERY & ESTABLISHING A DAILY ROUTINE (INTRODUCTION TO WORKBOOK # 1) - BY: DR. CHETANA KRIPALU (12 MINUTES)

INTRODUCTION TO MEDITATION – BY NIMISH DAYALU (VIDEO #1) (VIDEO #2)

Daily routine is one of the best things I have done in my life.

A daily routine helps us achieve a sense of accomplishment.

One can develop self-confidence and helps us cope with stressful times much better.

It helps relieve anxiety and be in a state of inner balance which is calmness.

The tools we use in our daily routine helps shift our baseline state of unrest to one of peace. It is very helpful to gain control of the day by which I mean that we can be much more creative daily. This happens since there is a shift in internal homeostasis. – Chetana Kripalu, M.D.

DAY # 1

- 1) Create a meditation space (i.e., designated area) for 20 minutes in the morning. ([7 TIPS FOR CREATING A HOME MEDITATION SPACE](#))
- 2) 5 minutes of gratitude affirmations ([click here](#))
- 3) Write in a gratitude journal, at least 3 things you are grateful for... (or create audio). ([click here to learn more about gratitude journals](#))
- 4) 5-minute energy exercise ([Version 1](#))
- 5) 5-minute breath work: ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#))
- 6) 5 minutes of meditation ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#)) ([Version 5](#))
- 7) Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (write down and/or record) ([click here for external link about positive intentions](#))
- 8) TODAY'S AFFIRMATION: "I have not failed. I've just found 10,000 ways that won't work." — Thomas A. Edison**
- 9) Set a mindfulness bell (use APP or reminder on phone) to set a gong/bell every two hours. *Ask yourself, how am I feeling and what am I thinking?* ([click here for Microsoft store: Mindfulness Bell APP](#))
- 10) Late evening: review the day (mentally or write down/record) ([click here for external link: Why is it important to review the day?](#))
- 11) 5-minute meditation before going to sleep ([click here](#)) or ([click here](#))
- 12) Please listen/watch the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. ([Click Here – Dr.Chetana Kripalu](#)) ([Click Here – Dr. Elizabeth Berman](#))
- 13) Recommended: 15 minute or longer podcast/video about self-improvement anytime during day # 1 ([Learn How To Control Your Mind](#))

DAY # 1 CHECKLIST

(Please review if you have completed all of the following today. If you have skipped anything, please try to complete that activity tomorrow.)

- * **Create a meditation space for 20 minutes in the morning. (YES / NO)**
- * **5 minutes of gratitude affirmations (YES / NO)**
- * **Write in a gratitude journal, at least 3 things you are grateful for... (YES / NO)**
- * **5-minute energy exercise (YES / NO)**
- * **5-minute breath work (YES / NO)**
- * **5 minutes of meditation (YES / NO)**
- * **Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (YES / NO)**
- * **Repeating today's affirmation 5 times... (YES / NO)**
- * **Set a mindfulness bell: "how am I feeling and what am I thinking?" – (YES / NO)**
- * **Late evening: review the day (mentally or write down/record) (YES / NO)**
- * **5-minute meditation before going to sleep (YES / NO)**
- * **Listened/watched the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. (YES / NO)**
- * **Recommended: 15 minute or longer podcast/video about self-improvement. (YES / NO)**

***MAKE TOMORROW BETTER THAN TODAY AND KEEP
PROGRESSING, ONE DAY AT A TIME.***

DAY # 2

- 1) Create a meditation space (i.e., designated area) for 20 minutes in the morning. ([7 Tips for Creating a Home Meditation Space](#))
- 2) 5 minutes of gratitude affirmations ([click here](#))
- 3) Write in a gratitude journal, at least 3 things you are grateful for... (or create audio). ([click here to learn more about gratitude journals](#))
- 4) 5-minute energy exercise ([Version 1](#))
- 5) 5-minute breath work: ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#))
- 6) 5 minutes of meditation ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#)) ([Version 5](#))
- 7) Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (write down and/or record) ([click here for external link about positive intentions](#))
- 8) ***TODAY'S AFFIRMATION: "I have not failed. I've just found 10,000 ways that won't work." — Thomas A. Edison***
- 9) *Ask yourself, how am I feeling and what am I thinking. Use the mindfulness bell every two hours.*
- 10) Late evening: review the day (mentally or write down/record) ([click here for external link: Why is it important to review the day?](#))
- 11) 5-minute meditation before going to sleep ([click here](#)) or ([click here](#))
- 14) Please listen/watch the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. ([Click Here – Dr.Chetana Kripalu](#)) ([Click Here – Dr. Elizabeth Berman](#))
- 15) Recommended: 15 minute or longer podcast/video about self-improvement anytime during day # 2 (5 Lessons To Live By - Dr. Wayne Dyer)

DAY # 2 CHECKLIST

(Please review if you have completed all of the following today. If you have skipped anything, please try to complete that activity tomorrow.)

- * **Create a meditation space for 20 minutes in the morning. (YES / NO)**
- * **5 minutes of gratitude affirmations (YES / NO)**
- * **Write in a gratitude journal, at least 3 things you are grateful for... (YES / NO)**
- * **5-minute energy exercise (YES / NO)**
- * **5-minute breath work (YES / NO)**
- * **5 minutes of meditation (YES / NO)**
- * **Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (YES / NO)**
- * **Repeating today's affirmation 5 times... (YES / NO)**
- * **Did I use the mindfulness bell and how many times did I ask, "how am I feeling and what am I thinking?" – (YES / NO)**
- * **Late evening: review the day (mentally or write down/record) (YES / NO)**
- * **5-minute meditation before going to sleep (YES / NO)**
- * **Listened/watched the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. (YES / NO)**
- * **Recommended: 15 minute or longer podcast/video about self-improvement. (YES / NO)**

MAKE TOMORROW BETTER THAN TODAY AND KEEP PROGRESSING, ONE DAY AT A TIME.

DAY # 3

- 1) Create a meditation space (i.e., designated area) for 20 minutes in the morning. ([7 Tips for Creating a Home Meditation Space](#))
- 2) 5 minutes of gratitude affirmations ([click here](#))
- 3) Write in a gratitude journal, at least 3 things you are grateful for... (or create audio). ([click here to learn more about gratitude journals](#))
- 4) 5-minute energy exercise ([Version 1](#))
- 5) 5-minute breath work: ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#))
- 6) 5 minutes of meditation ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#)) ([Version 5](#))
- 7) Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (write down and/or record) ([click here for external link about positive intentions](#))
- 8) TODAY'S AFFIRMATION: "I have not failed. I've just found 10,000 ways that won't work." — Thomas A. Edison**
- 9) Set a mindfulness bell (use APP or reminder on phone) to set a gong/bell every two hours. *Ask yourself, how am I feeling and what am I thinking?* ([click here for Microsoft store: Mindfulness Bell App](#))
- 10) Late evening: review the day (mentally or write down/record) ([click here for external link: Why is it important to review the day?](#))
- 11) 5-minute meditation before going to sleep ([click here](#)) or ([click here](#))
- 16) Please listen/watch the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. ([Click Here – Dr.Chetana Kripalu](#)) ([Click Here – Dr. Elizabeth Berman](#))
- 17) Recommended: 15 minute or longer podcast/video about self-improvement anytime during day # 2 (5 Lessons To Live By - Dr. Wayne Dyer)

DAY # 3 CHECK LIST

(Please review if you have completed all of the following today. If you have skipped anything, please try to complete that activity tomorrow.)

- * **Create a meditation space for 20 minutes in the morning. (YES / NO)**
- * **5 minutes of gratitude affirmations (YES / NO)**
- * **Write in a gratitude journal, at least 3 things you are grateful for... (YES / NO)**
- * **5-minute energy exercise (YES / NO)**
- * **5-minute breath work (YES / NO)**
- * **5 minutes of meditation (YES / NO)**
- * **Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (YES / NO)**
- * **Repeating today's affirmation 5 times... (YES / NO)**
- * **Did I use the mindfulness bell and how many times did I ask, "how am I feeling and what am I thinking?" – (YES / NO)**
- * **Late evening: review the day (mentally or write down/record) (YES / NO)**
- * **5-minute meditation before going to sleep (YES / NO)**
- * **Listened/watched the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. (YES / NO)**
- * **Recommended: 15 minute or longer podcast/video about self-improvement. (YES / NO)**

MAKE TOMORROW BETTER THAN TODAY AND KEEP PROGRESSING, ONE DAY AT A TIME.

DAY # 4

- 1) Create a meditation space (i.e., designated area) for 20 minutes in the morning. ([7 Tips for Creating a Home Meditation Space](#))
- 2) 5 minutes of gratitude affirmations ([click here](#))
- 3) Write in a gratitude journal, at least 3 things you are grateful for... (or create audio). ([click here to learn more about gratitude journals](#))
- 4) 5-minute energy exercise ([Version 1](#))
- 5) 5-minute breath work: ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#))
- 6) 5 minutes of meditation ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#)) ([Version 5](#))
- 7) Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (write down and/or record) ([click here for external link about positive intentions](#))
- 8) TODAY'S AFFIRMATION: "I have not failed. I've just found 10,000 ways that won't work." — Thomas A. Edison**
- 9) Set a mindfulness bell (use APP or reminder on phone) to set a gong/bell every two hours. *Ask yourself, how am I feeling and what am I thinking?* ([click here for Microsoft store: Mindfulness Bell APP](#))
- 10) Late evening: review the day (mentally or write down/record) ([click here for external link: Why is it important to review the day?](#))
- 11) 5-minute meditation before going to sleep ([click here](#)) or ([click here](#))
- 12) Please listen/watch the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. ([Click Here – Dr. Chetana Kripalu](#)) ([Click Here – Dr. Elizabeth Berman](#))
- 13) Recommended: Podcast/video about self-improvement anytime during day # 4 ([YOUR BIGGEST FEAR IN LIFE - Becoming A Better Person](#))

DAY # 4 CHECKLIST

(Please review if you have completed all of the following today. If you have skipped anything, please try to complete that activity tomorrow.)

- * **Create a meditation space for 20 minutes in the morning. (YES / NO)**
- * **5 minutes of gratitude affirmations (YES / NO)**
- * **Write in a gratitude journal, at least 3 things you are grateful for... (YES / NO)**
- * **5-minute energy exercise (YES / NO)**
- * **5-minute breath work (YES / NO)**
- * **5 minutes of meditation (YES / NO)**
- * **Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (YES / NO)**
- * **Repeating today's affirmation 5 times... (YES / NO)**
- * **Did I use the mindfulness bell and how many times did I ask, "how am I feeling and what am I thinking?" – (YES / NO)**
- * **Late evening: review the day (mentally or write down/record) (YES / NO)**
- * **5-minute meditation before going to sleep (YES / NO)**
- * **Listened/watched the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. (YES / NO)**
- * **Recommended: 15 minute or longer podcast/video about self-improvement. (YES / NO)**

MAKE TOMORROW BETTER THAN TODAY AND KEEP PROGRESSING, ONE DAY AT A TIME.

DAY # 5

- 1) Create a meditation space (i.e., designated area) for 20 minutes in the morning. ([7 Tips for Creating a Home Meditation Space](#))
- 2) 5 minutes of gratitude affirmations ([click here](#))
- 3) Write in a gratitude journal, at least 3 things you are grateful for... (or create audio). ([click here to learn more about gratitude journals](#))
- 4) 5-minute energy exercise ([Version 1](#))
- 5) 5-minute breath work: ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#))
- 6) 5 minutes of meditation ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#)) ([Version 5](#))
- 7) Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (write down and/or record) ([click here for external link about positive intentions](#))
- 8) TODAY'S AFFIRMATION: "I have not failed. I've just found 10,000 ways that won't work." — Thomas A. Edison**
- 9) Set a mindfulness bell (use APP or reminder on phone) to set a gong/bell every two hours. *Ask yourself, how am I feeling and what am I thinking?* ([click here for Microsoft store: Mindfulness Bell APP](#))
- 10) Late evening: review the day (mentally or write down/record) ([click here for external link: Why is it important to review the day?](#))
- 11) 5-minute meditation before going to sleep ([click here](#)) or ([click here](#))
- 15) Please listen/watch the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. ([Click Here – Dr.Chetana Kripalu](#)) ([Click Here – Dr. Elizabeth Berman](#))
- 16) Recommended: Podcast/video about self-improvement anytime during day # 5 ([Within You Is The Power - THE SECRET POWER OF THE UNIVERSE](#))

DAY # 5 CHECK LIST

(Please review if you have completed all of the following today. If you have skipped anything, please try to complete that activity tomorrow.)

- * **Create a meditation space for 20 minutes in the morning. (YES / NO)**
- * **5 minutes of gratitude affirmations (YES / NO)**
- * **Write in a gratitude journal, at least 3 things you are grateful for... (YES / NO)**
- * **5-minute energy exercise (YES / NO)**
- * **5-minute breath work (YES / NO)**
- * **5 minutes of meditation (YES / NO)**
- * **Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (YES / NO)**
- * **Repeating today's affirmation 5 times... (YES / NO)**
- * **Did I use the mindfulness bell and how many times did I ask, "how am I feeling and what am I thinking?" – (YES / NO)**
- * **Late evening: review the day (mentally or write down/record) (YES / NO)**
- * **5-minute meditation before going to sleep (YES / NO)**
- * **Listened/watched the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. (YES / NO)**
- * **Recommended: 15 minute or longer podcast/video about self-improvement. (YES / NO)**

MAKE TOMORROW BETTER THAN TODAY AND KEEP PROGRESSING, ONE DAY AT A TIME.

DAY # 6

- 1) Create a meditation space (i.e., designated area) for 20 minutes in the morning. ([7 Tips for Creating a Home Meditation Space](#))
- 2) 5 minutes of gratitude affirmations ([click here](#))
- 3) Write in a gratitude journal, at least 3 things you are grateful for... (or create audio). ([click here to learn more about gratitude journals](#))
- 4) 5-minute energy exercise ([Version 1](#))
- 5) 5-minute breath work: ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#))
- 6) 5 minutes of meditation ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#)) ([Version 5](#))
- 7) Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (write down and/or record) ([click here for external link about positive intentions](#))
- 8) TODAY'S AFFIRMATION: *Success consists of going from failure to failure without loss of enthusiasm. - Winston Churchill***
- 9) Set a mindfulness bell (use APP or reminder on phone) to set a gong/bell every two hours. *Ask yourself, how am I feeling and what am I thinking?* ([click here for Microsoft store: Mindfulness Bell APP](#))
- 10) Late evening: review the day (mentally or write down/record) ([click here for external link: Why is it important to review the day?](#))
- 11) 5-minute meditation before going to sleep ([click here](#)) or ([click here](#))
- 17) Please listen/watch the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. ([Click Here – Dr.Chetana Kripalu](#)) ([Click Here – Dr. Elizabeth Berman](#))
- 18) Recommended: Podcast/video about self-improvement anytime during day # 6 ([Within You Is The Power - THE SECRET POWER OF THE UNIVERSE](#))

DAY # 6 CHECK LIST

(Please review if you have completed all of the following today. If you have skipped anything, please try to complete that activity tomorrow.)

- * **Create a meditation space for 20 minutes in the morning. (YES / NO)**
- * **5 minutes of gratitude affirmations (YES / NO)**
- * **Write in a gratitude journal, at least 3 things you are grateful for... (YES / NO)**
- * **5-minute energy exercise (YES / NO)**
- * **5-minute breath work (YES / NO)**
- * **5 minutes of meditation (YES / NO)**
- * **Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (YES / NO)**
- * **Repeating today's affirmation 5 times... (YES / NO)**
- * **Did I use the mindfulness bell and how many times did I ask, "how am I feeling and what am I thinking?" – (YES / NO)**
- * **Late evening: review the day (mentally or write down/record) (YES / NO)**
- * **5-minute meditation before going to sleep (YES / NO)**
- * **Listened/watched the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. (YES / NO)**
- * **Recommended: 15 minute or longer podcast/video about self-improvement. (YES / NO)**

MAKE TOMORROW BETTER THAN TODAY AND KEEP PROGRESSING, ONE DAY AT A TIME.

DAY # 7

- 1) Create a meditation space (i.e., designated area) for 20 minutes in the morning. ([7 Tips for Creating a Home Meditation Space](#))
- 2) 5 minutes of gratitude affirmations ([click here](#))
- 3) Write in a gratitude journal, at least 3 things you are grateful for... (or create audio). ([click here to learn more about gratitude journals](#))
- 4) 5-minute energy exercise ([Version 1](#))
- 5) 5-minute breath work: ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#))
- 6) 5 minutes of meditation ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#)) ([Version 5](#))
- 7) Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (write down and/or record) ([click here for external link about positive intentions](#))
- 8) ***TODAY'S AFFIRMATION: Success consists of going from failure to failure without loss of enthusiasm. - Winston Churchill***
- 9) Set a mindfulness bell (useAPP or reminder on phone) to set a gong/bell every two hours. *Ask yourself, how am I feeling and what am I thinking?* ([click here for Microsoft store: Mindfulness Bell APP](#))
- 10) Late evening: review the day (mentally or write down/record) ([click here for external link: Why is it important to review the day?](#))
- 11) 5-minute meditation before going to sleep ([click here](#)) or ([click here](#))
- 12) Please listen/watch the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. ([Click Here – Dr. Chetana Kripalu](#)) ([Click Here – Dr. Elizabeth Berman](#))
- 13) Recommended: Podcast/video about self-improvement anytime during day # 7 ([HOUSE OF DOORS – BY ANNA WISE](#))

DAY # 7 CHECK LIST

(Please review if you have completed all of the following today. If you have skipped anything, please try to complete that activity tomorrow.)

- * **Create a meditation space for 20 minutes in the morning. (YES / NO)**
- * **5 minutes of gratitude affirmations (YES / NO)**
- * **Write in a gratitude journal, at least 3 things you are grateful for... (YES / NO)**
- * **5-minute energy exercise (YES / NO)**
- * **5-minute breath work (YES / NO)**
- * **5 minutes of meditation (YES / NO)**
- * **Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (YES / NO)**
- * **Repeating today's affirmation 5 times... (YES / NO)**
- * **Did I use the mindfulness bell and how many times did I ask, "how am I feeling and what am I thinking?" – (YES / NO)**
- * **Late evening: review the day (mentally or write down/record) (YES / NO)**
- * **5-minute meditation before going to sleep (YES / NO)**
- * **Listened/watched the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. (YES / NO)**
- * **Recommended: 15 minute or longer podcast/video about self-improvement. (YES / NO)**

MAKE TOMORROW BETTER THAN TODAY AND KEEP PROGRESSING, ONE DAY AT A TIME.

DAY # 8

- 1) Create a meditation space (i.e., designated area) for 20 minutes in the morning. ([7 Tips for Creating a Home Meditation Space](#))
- 2) 5 minutes of gratitude affirmations ([click here](#))
- 3) Write in a gratitude journal, at least 3 things you are grateful for... (or create audio). ([click here to learn more about gratitude journals](#))
- 4) 5-minute energy exercise ([Version 1](#))
- 5) 5-minute breath work: ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#))
- 6) 5 minutes of meditation ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#)) ([Version 5](#))
- 7) Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (write down and/or record) ([click here for external link about positive intentions](#))
- 8) ***TODAY'S AFFIRMATION: Success consists of going from failure to failure without loss of enthusiasm. - Winston Churchill***
- 9) Set a mindfulness bell (useAPP or reminder on phone) to set a gong/bell every two hours. *Ask yourself, how am I feeling and what am I thinking?* ([click here for Microsoft store: Mindfulness Bell APP](#))
- 10) Late evening: review the day (mentally or write down/record) ([click here for external link: Why is it important to review the day?](#))
- 11) 5-minute meditation before going to sleep ([click here](#)) or ([click here](#))
- 14) Please listen/watch the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. ([Click Here – Dr.Chetana Kripalu](#)) ([Click Here – Dr. Elizabeth Berman](#))
- 15) Recommended: Podcast/video about self-improvement anytime during day # 8 [How to Unlock the Full Potential of Your Mind | Dr. Joe Dispenza on Impact](#)

DAY # 8 CHECK LIST

(Please review if you have completed all of the following today. If you have skipped anything, please try to complete that activity tomorrow.)

- * **Create a meditation space for 20 minutes in the morning. (YES / NO)**
- * **5 minutes of gratitude affirmations (YES / NO)**
- * **Write in a gratitude journal, at least 3 things you are grateful for... (YES / NO)**
- * **5-minute energy exercise (YES / NO)**
- * **5-minute breath work (YES / NO)**
- * **5 minutes of meditation (YES / NO)**
- * **Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (YES / NO)**
- * **Repeating today's affirmation 5 times... (YES / NO)**
- * **Did I use the mindfulness bell and how many times did I ask, "how am I feeling and what am I thinking?" – (YES / NO)**
- * **Late evening: review the day (mentally or write down/record) (YES / NO)**
- * **5-minute meditation before going to sleep (YES / NO)**
- * **Listened/watched the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. (YES / NO)**
- * **Recommended: 15 minute or longer podcast/video about self-improvement. (YES / NO)**

MAKE TOMORROW BETTER THAN TODAY AND KEEP PROGRESSING, ONE DAY AT A TIME.

DAY # 9

- 1) Create a meditation space (i.e., designated area) for 20 minutes in the morning. ([7 Tips for Creating a Home Meditation Space](#))
- 2) 5 minutes of gratitude affirmations ([click here](#))
- 3) Write in a gratitude journal, at least 3 things you are grateful for... (or create audio). ([click here to learn more about gratitude journals](#))
- 4) 5-minute energy exercise ([Version 1](#))
- 5) 5-minute breath work: ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#))
- 6) 5 minutes of meditation ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#)) ([Version 5](#))
- 7) Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (write down and/or record) ([click here for external link about positive intentions](#))
- 8) ***TODAY'S AFFIRMATION: Success consists of going from failure to failure without loss of enthusiasm. - [Winston Churchill](#)***
- 9) Set a mindfulness bell (use APP or reminder on phone) to set a gong/bell every two hours. *Ask yourself, how am I feeling and what am I thinking?* ([click here for Microsoft store: Mindfulness Bell APP](#))
- 10) Late evening: review the day (mentally or write down/record) ([click here for external link: Why is it important to review the day?](#))
- 11) 5-minute meditation before going to sleep ([click here](#)) or ([click here](#))
- 12) Please listen/watch the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind.
([Click Here – Dr.Chetana Kripalu](#)) ([Click Here – Dr. Elizabeth Berman](#))
- 13) Recommended: Podcast/video about self-improvement anytime during day # 9
[Learn How To Control Your Mind](#)

DAY # 9 CHECKLIST

(Please review if you have completed all of the following today. If you have skipped anything, please try to complete that activity tomorrow.)

- * **Create a meditation space for 20 minutes in the morning. (YES / NO)**
- * **5 minutes of gratitude affirmations (YES / NO)**
- * **Write in a gratitude journal, at least 3 things you are grateful for... (YES / NO)**
- * **5-minute energy exercise (YES / NO)**
- * **5-minute breath work (YES / NO)**
- * **5 minutes of meditation (YES / NO)**
- * **Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (YES / NO)**
- * **Repeating today's affirmation 5 times... (YES / NO)**
- * **Did I use the mindfulness bell and how many times did I ask, "how am I feeling and what am I thinking?" – (YES / NO)**
- * **Late evening: review the day (mentally or write down/record) (YES / NO)**
- * **5-minute meditation before going to sleep (YES / NO)**
- * **Listened/watched the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. (YES / NO)**
- * **Recommended: 15 minute or longer podcast/video about self-improvement. (YES / NO)**

MAKE TOMORROW BETTER THAN TODAY AND KEEP PROGRESSING, ONE DAY AT A TIME.

DAY # 10

- 1) Create a meditation space (i.e., designated area) for 20 minutes in the morning. ([7 Tips for Creating a Home Meditation Space](#))
- 2) 5 minutes of gratitude affirmations ([click here](#))
- 3) Write in a gratitude journal, at least 3 things you are grateful for... (or create audio). ([click here to learn more about gratitude journals](#))
- 4) 5-minute energy exercise ([Version 1](#))
- 5) 5-minute breath work: ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#))
- 6) 5 minutes of meditation ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#)) ([Version 5](#))
- 7) Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (write down and/or record) ([click here for external link about positive intentions](#))
- 8) ***TODAY'S AFFIRMATION: Success consists of going from failure to failure without loss of enthusiasm. - Winston Churchill***
- 9) Set a mindfulness bell (use APP or reminder on phone) to set a gong/bell every two hours. *Ask yourself, how am I feeling and what am I thinking?* ([click here for Microsoft store: Mindfulness Bell APP](#))
- 10) Late evening: review the day (mentally or write down/record) ([click here for external link: Why is it important to review the day?](#))
- 11) 5-minute meditation before going to sleep ([click here](#)) or ([click here](#))
- 12) Please listen/watch the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind.
([Click Here – Dr.Chetana Kripalu](#)) ([Click Here – Dr. Elizabeth Berman](#))
- 13) Recommended: Podcast/video about self-improvement anytime during day # 10
[The Most Eye Opening 10 Minutes of Your Life | David Goggins](#)

DAY # 10 CHECK LIST

(Please review if you have completed all of the following today. If you have skipped anything, please try to complete that activity tomorrow.)

- * **Create a meditation space for 20 minutes in the morning. (YES / NO)**
- * **5 minutes of gratitude affirmations (YES / NO)**
- * **Write in a gratitude journal, at least 3 things you are grateful for... (YES / NO)**
- * **5-minute energy exercise (YES / NO)**
- * **5-minute breath work (YES / NO)**
- * **5 minutes of meditation (YES / NO)**
- * **Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (YES / NO)**
- * **Repeating today's affirmation 5 times... (YES / NO)**
- * **Did I use the mindfulness bell and how many times did I ask, "how am I feeling and what am I thinking?" – (YES / NO)**
- * **Late evening: review the day (mentally or write down/record) (YES / NO)**
- * **5-minute meditation before going to sleep (YES / NO)**
- * **Listened/watched the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. (YES / NO)**
- * **Recommended: 15 minute or longer podcast/video about self-improvement. (YES / NO)**

MAKE TOMORROW BETTER THAN TODAY AND KEEP PROGRESSING, ONE DAY AT A TIME.

DAY # 11

- 1) Create a meditation space (i.e., designated area) for 20 minutes in the morning. ([7 Tips for Creating a Home Meditation Space](#))
- 2) 5 minutes of gratitude affirmations ([click here](#))
- 3) Write in a gratitude journal, at least 3 things you are grateful for... (or create audio). ([click here to learn more about gratitude journals](#))
- 4) 5-minute energy exercise ([Version 1](#))
- 5) 5-minute breath work: ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#))
- 6) 5 minutes of meditation ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#)) ([Version 5](#))
- 7) Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (write down and/or record) ([click here for external link about positive intentions](#))
- 8) **TODAY'S AFFIRMATION: "Yesterday is history, tomorrow is a mystery, today is a gift of God, which is why we call it the present." — Bill Keane**
- 9) Set a mindfulness bell (use APP or reminder on phone) to set a gong/bell every two hours. *Ask yourself, how am I feeling and what am I thinking?* ([click here for Microsoft store: Mindfulness Bell APP](#))
- 10) Late evening: review the day (mentally or write down/record) ([click here for external link: Why is it important to review the day?](#))
- 11) 5-minute meditation before going to sleep ([click here](#)) or ([click here](#))
- 12) Please listen/watch the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind.
([Click Here – Dr.Chetana Kripalu](#)) ([Click Here – Dr. Elizabeth Berman](#))
- 13) Recommended: Podcast/video about self-improvement anytime during day # 11
[The Secret To A Life Worth Living | Powerful Motivational Speech by Tom Bilyeu](#)

DAY # 11 CHECK LIST

(Please review if you have completed all of the following today. If you have skipped anything, please try to complete that activity tomorrow.)

- * Create a meditation space for 20 minutes in the morning. (YES / NO)
- * 5 minutes of gratitude affirmations (YES / NO)
- * Write in a gratitude journal, at least 3 things you are grateful for... (YES / NO)
- * 5-minute energy exercise (YES / NO)
- * 5-minute breath work (YES / NO)
- * 5 minutes of meditation (YES / NO)
- * Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (YES / NO)
- * Repeating today's affirmation 5 times... (YES / NO)
- * Did I use the mindfulness bell and how many times did I ask, "how am I feeling and what am I thinking?" – (YES / NO)
- * Late evening: review the day (mentally or write down/record) (YES / NO)
- * 5-minute meditation before going to sleep (YES / NO)
- * Listened/watched the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. (YES / NO)
- * Recommended: 15 minute or longer podcast/video about self-improvement. (YES / NO)

MAKE TOMORROW BETTER THAN TODAY AND KEEP PROGRESSING, ONE DAY AT A TIME.

DAY # 12

- 1) Create a meditation space (i.e., designated area) for 20 minutes in the morning. ([7 Tips for Creating a Home Meditation Space](#))
- 2) 5 minutes of gratitude affirmations ([click here](#))
- 3) Write in a gratitude journal, at least 3 things you are grateful for... (or create audio). ([click here to learn more about gratitude journals](#))
- 4) 5-minute energy exercise ([Version 1](#))
- 5) 5-minute breath work: ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#))
- 6) 5 minutes of meditation ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#)) ([Version 5](#))
- 7) Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (write down and/or record) ([click here for external link about positive intentions](#))
- 8) **TODAY'S AFFIRMATION: "Yesterday is history, tomorrow is a mystery, today is a gift of God, which is why we call it the present." — Bill Keane**
- 9) Set a mindfulness bell (use APP or reminder on phone) to set a gong/bell every two hours. *Ask yourself, how am I feeling and what am I thinking?* ([click here for Microsoft store: Mindfulness Bell APP](#))
- 10) Late evening: review the day (mentally or write down/record) ([click here for external link: Why is it important to review the day?](#))
- 11) 5-minute meditation before going to sleep ([click here](#)) or ([click here](#))
- 12) Please listen/watch the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind.

([Click Here – Dr. Chetana Kripalu](#)) ([Click Here – Dr. Elizabeth Berman](#))
- 13) Recommended: Podcast/video about self-improvement anytime during day # 12
[Deepak Chopra on the Power of Meditation to Unlock Infinite Possibilities](#)

DAY # 12 CHECK LIST

(Please review if you have completed all of the following today. If you have skipped anything, please try to complete that activity tomorrow.)

- * Create a meditation space for 20 minutes in the morning. (YES / NO)
- * 5 minutes of gratitude affirmations (YES / NO)
- * Write in a gratitude journal, at least 3 things you are grateful for... (YES / NO)
- * 5-minute energy exercise (YES / NO)
- * 5-minute breath work (YES / NO)
- * 5 minutes of meditation (YES / NO)
- * Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (YES / NO)
- * Repeating today's affirmation 5 times... (YES / NO)
- * Did I use the mindfulness bell and how many times did I ask, "how am I feeling and what am I thinking?" – (YES / NO)
- * Late evening: review the day (mentally or write down/record) (YES / NO)
- * 5-minute meditation before going to sleep (YES / NO)
- * Listened/watched the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. (YES / NO)
- * Recommended: 15 minute or longer podcast/video about self-improvement. (YES / NO)

MAKE TOMORROW BETTER THAN TODAY AND KEEP PROGRESSING, ONE DAY AT A TIME.

DAY # 13

- 1) Create a meditation space (i.e., designated area) for 20 minutes in the morning. ([7 Tips for Creating a Home Meditation Space](#))
- 2) 5 minutes of gratitude affirmations ([click here](#))
- 3) Write in a gratitude journal, at least 3 things you are grateful for... (or create audio). ([click here to learn more about gratitude journals](#))
- 4) 5-minute energy exercise ([Version 1](#))
- 5) 5-minute breath work: ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#))
- 6) 5 minutes of meditation ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#)) ([Version 5](#))
- 7) Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (write down and/or record) ([click here for external link about positive intentions](#))
- 8) **TODAY'S AFFIRMATION: "Yesterday is history, tomorrow is a mystery, today is a gift of God, which is why we call it the present." — Bill Keane**
- 9) Set a mindfulness bell (use APP or reminder on phone) to set a gong/bell every two hours. *Ask yourself, how am I feeling and what am I thinking?* ([click here for Microsoft store: Mindfulness Bell APP](#))
- 10) Late evening: review the day (mentally or write down/record) ([click here for external link: Why is it important to review the day?](#))
- 11) 5-minute meditation before going to sleep ([click here](#)) or ([click here](#))
- 12) Please listen/watch the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind.
([Click Here – Dr.Chetana Kripalu](#)) ([Click Here – Dr. Elizabeth Berman](#))
- 13) Recommended: Podcast/video about self-improvement anytime during day # 13
[Transcendental Meditation Technique - A Complete Introduction](#)

DAY # 13 CHECK LIST

(Please review if you have completed all of the following today. If you have skipped anything, please try to complete that activity tomorrow.)

- * **Create a meditation space for 20 minutes in the morning. (YES / NO)**
- * **5 minutes of gratitude affirmations (YES / NO)**
- * **Write in a gratitude journal, at least 3 things you are grateful for... (YES / NO)**
- * **5-minute energy exercise (YES / NO)**
- * **5-minute breath work (YES / NO)**
- * **5 minutes of meditation (YES / NO)**
- * **Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (YES / NO)**
- * **Repeating today's affirmation 5 times... (YES / NO)**
- * **Did I use the mindfulness bell and how many times did I ask, "how am I feeling and what am I thinking?" – (YES / NO)**
- * **Late evening: review the day (mentally or write down/record) (YES / NO)**
- * **5-minute meditation before going to sleep (YES / NO)**
- * **Listened/watched the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. (YES / NO)**
- * **Recommended: 15 minute or longer podcast/video about self-improvement. (YES / NO)**

MAKE TOMORROW BETTER THAN TODAY AND KEEP PROGRESSING, ONE DAY AT A TIME.

DAY # 14

- 1) Create a meditation space (i.e., designated area) for 20 minutes in the morning. ([7 Tips for Creating a Home Meditation Space](#))
- 2) 5 minutes of gratitude affirmations ([click here](#))
- 3) Write in a gratitude journal, at least 3 things you are grateful for... (or create audio). ([click here to learn more about gratitude journals](#))
- 4) 5-minute energy exercise ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#))
- 5) 5-minute breath work: ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#))
- 6) 5 minutes of meditation ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#)) ([Version 5](#))
- 7) Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (write down and/or record) ([click here for external link about positive intentions](#))
- 8) **TODAY'S AFFIRMATION: "Yesterday is history, tomorrow is a mystery, today is a gift of God, which is why we call it the present." — Bill Keane**
- 9) Set a mindfulness bell (use APP or reminder on phone) to set a gong/bell every two hours. *Ask yourself, how am I feeling and what am I thinking?* ([click here for Microsoft store: Mindfulness Bell APP](#))
- 10) Late evening: review the day (mentally or write down/record) ([click here for external link: Why is it important to review the day?](#))
- 11) 5-minute meditation before going to sleep ([click here](#)) or ([click here](#))
- 12) Please listen/watch the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind.
([Click Here – Dr.Chetana Kripalu](#)) ([Click Here – Dr. Elizabeth Berman](#))
- 13) Recommended: Podcast/video about self-improvement anytime during day # 14
[Dr. Wayne Dyer's Life Advice](#)

DAY # 14 CHECK LIST

(Please review if you have completed all of the following today. If you have skipped anything, please try to complete that activity tomorrow.)

- * **Create a meditation space for 20 minutes in the morning. (YES / NO)**
- * **5 minutes of gratitude affirmations (YES / NO)**
- * **Write in a gratitude journal, at least 3 things you are grateful for... (YES / NO)**
- * **5-minute energy exercise (YES / NO)**
- * **5-minute breath work (YES / NO)**
- * **5 minutes of meditation (YES / NO)**
- * **Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (YES / NO)**
- * **Repeating today's affirmation 5 times... (YES / NO)**
- * **Did I use the mindfulness bell and how many times did I ask, "how am I feeling and what am I thinking?" – (YES / NO)**
- * **Late evening: review the day (mentally or write down/record) (YES / NO)**
- * **5-minute meditation before going to sleep (YES / NO)**
- * **Listened/watched the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. (YES / NO)**
- * **Recommended: 15 minute or longer podcast/video about self-improvement. (YES / NO)**

MAKE TOMORROW BETTER THAN TODAY AND KEEP PROGRESSING, ONE DAY AT A TIME.

DAY # 15

- 1) Create a meditation space (i.e., designated area) for 20 minutes in the morning. ([7 Tips for Creating a Home Meditation Space](#))
- 2) 5 minutes of gratitude affirmations ([click here](#))
- 3) Write in a gratitude journal, at least 3 things you are grateful for... (or create audio). ([click here to learn more about gratitude journals](#))
- 4) 5-minute energy exercise ([Version 1](#))
- 5) 5-minute breath work: ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#))
- 6) 5 minutes of meditation ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#)) ([Version 5](#))
- 7) Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (write down and/or record) ([click here for external link about positive intentions](#))
- 8) **TODAY'S AFFIRMATION: "Yesterday is history, tomorrow is a mystery, today is a gift of God, which is why we call it the present." — Bill Keane**
- 9) Set a mindfulness bell (use APP or reminder on phone) to set a gong/bell every two hours. *Ask yourself, how am I feeling and what am I thinking?* ([click here for Microsoft store: Mindfulness Bell APP](#))
- 10) Late evening: review the day (mentally or write down/record) ([click here for external link: Why is it important to review the day?](#))
- 11) 5-minute meditation before going to sleep ([click here](#)) or ([click here](#))
- 12) Please listen/watch the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind.
([Click Here – Dr.Chetana Kripalu](#)) ([Click Here – Dr. Elizabeth Berman](#))
- 13) Recommended: Podcast/video about self-improvement anytime during day # 15
[Conversations on Living by Louise L Hay](#)

DAY # 15 CHECK LIST

(Please review if you have completed all of the following today. If you have skipped anything, please try to complete that activity tomorrow.)

- * **Create a meditation space for 20 minutes in the morning. (YES / NO)**
- * **5 minutes of gratitude affirmations (YES / NO)**
- * **Write in a gratitude journal, at least 3 things you are grateful for... (YES / NO)**
- * **5-minute energy exercise (YES / NO)**
- * **5-minute breath work (YES / NO)**
- * **5 minutes of meditation (YES / NO)**
- * **Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (YES / NO)**
- * **Repeating today's affirmation 5 times... (YES / NO)**
- * **Did I use the mindfulness bell and how many times did I ask, "how am I feeling and what am I thinking?" – (YES / NO)**
- * **Late evening: review the day (mentally or write down/record) (YES / NO)**
- * **5-minute meditation before going to sleep (YES / NO)**
- * **Listened/watched the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. (YES / NO)**
- * **Recommended: 15 minute or longer podcast/video about self-improvement. (YES / NO)**

MAKE TOMORROW BETTER THAN TODAY AND KEEP PROGRESSING, ONE DAY AT A TIME.

DAY # 16

- 1) Create a meditation space (i.e., designated area) for 20 minutes in the morning. ([7 Tips for Creating a Home Meditation Space](#))
- 2) 5 minutes of gratitude affirmations ([click here](#))
- 3) Write in a gratitude journal, at least 3 things you are grateful for... (or create audio). ([click here to learn more about gratitude journals](#))
- 4) 5-minute energy exercise ([Version 1](#))
- 5) 5-minute breath work: ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#))
- 6) 5 minutes of meditation ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#)) ([Version 5](#))
- 7) Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (write down and/or record) ([click here for external link about positive intentions](#))
- 8) **TODAY'S AFFIRMATION: "Life is happening for me every moment I am alive."
- Chetana Kripalu, M.D.**
- 9) Set a mindfulness bell (use APP or reminder on phone) to set a gong/bell every two hours. *Ask yourself, how am I feeling and what am I thinking?* ([click here for Microsoft store: Mindfulness Bell APP](#))
- 10) Late evening: review the day (mentally or write down/record) ([click here for external link: Why is it important to review the day?](#))
- 11) 5-minute meditation before going to sleep ([click here](#)) or ([click here](#))
- 12) Please listen/watch the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind.

([Click Here – Dr. Chetana Kripalu](#)) ([Click Here – Dr. Elizabeth Berman](#))
- 13) Recommended: Podcast/video about self-improvement anytime during day # 16
[Louise Hay- Power Thoughts on Love And Relationships](#)

DAY # 16 CHECK LIST

(Please review if you have completed all of the following today. If you have skipped anything, please try to complete that activity tomorrow.)

- * **Create a meditation space for 20 minutes in the morning. (YES / NO)**
- * **5 minutes of gratitude affirmations (YES / NO)**
- * **Write in a gratitude journal, at least 3 things you are grateful for... (YES / NO)**
- * **5-minute energy exercise (YES / NO)**
- * **5-minute breath work (YES / NO)**
- * **5 minutes of meditation (YES / NO)**
- * **Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (YES / NO)**
- * **Repeating today's affirmation 5 times... (YES / NO)**
- * **Did I use the mindfulness bell and how many times did I ask, "how am I feeling and what am I thinking?" – (YES / NO)**
- * **Late evening: review the day (mentally or write down/record) (YES / NO)**
- * **5-minute meditation before going to sleep (YES / NO)**
- * **Listened/watched the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. (YES / NO)**
- * **Recommended: 15 minute or longer podcast/video about self-improvement. (YES / NO)**

MAKE TOMORROW BETTER THAN TODAY AND KEEP PROGRESSING, ONE DAY AT A TIME.

DAY # 17

- 1) Create a meditation space (i.e., designated area) for 20 minutes in the morning. ([7 Tips for Creating a Home Meditation Space](#))
- 2) 5 minutes of gratitude affirmations ([click here](#))
- 3) Write in a gratitude journal, at least 3 things you are grateful for... (or create audio). ([click here to learn more about gratitude journals](#))
- 4) 5-minute energy exercise ([Version 1](#))
- 5) 5-minute breath work: ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#))
- 6) 5 minutes of meditation ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#)) ([Version 5](#))
- 7) Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (write down and/or record) ([click here for external link about positive intentions](#))
- 8) **TODAY'S AFFIRMATION: "Life is happening for me every moment I am alive."
- Chetana Kripalu, M.D.**
- 9) Set a mindfulness bell (use APP or reminder on phone) to set a gong/bell every two hours. *Ask yourself, how am I feeling and what am I thinking?* ([click here for Microsoft store: Mindfulness Bell APP](#))
- 10) Late evening: review the day (mentally or write down/record) ([click here for external link: Why is it important to review the day?](#))
- 11) 5-minute meditation before going to sleep ([click here](#)) or ([click here](#))
- 12) Please listen/watch the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind.

([Click Here – Dr.Chetana Kripalu](#)) ([Click Here – Dr. Elizabeth Berman](#))
- 13) Recommended: Podcast/video about self-improvement anytime during day # 17
[Louise Hay- Power Thoughts on Love And Relationships](#)

DAY # 17 CHECK LIST

(Please review if you have completed all of the following today. If you have skipped anything, please try to complete that activity tomorrow.)

- * **Create a meditation space for 20 minutes in the morning. (YES / NO)**
- * **5 minutes of gratitude affirmations (YES / NO)**
- * **Write in a gratitude journal, at least 3 things you are grateful for... (YES / NO)**
- * **5-minute energy exercise (YES / NO)**
- * **5-minute breath work (YES / NO)**
- * **5 minutes of meditation (YES / NO)**
- * **Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (YES / NO)**
- * **Repeating today's affirmation 5 times... (YES / NO)**
- * **Did I use the mindfulness bell and how many times did I ask, "how am I feeling and what am I thinking?" – (YES / NO)**
- * **Late evening: review the day (mentally or write down/record) (YES / NO)**
- * **5-minute meditation before going to sleep (YES / NO)**
- * **Listened/watched the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. (YES / NO)**
- * **Recommended: 15 minute or longer podcast/video about self-improvement. (YES / NO)**

MAKE TOMORROW BETTER THAN TODAY AND KEEP PROGRESSING, ONE DAY AT A TIME.

DAY # 18

- 1) Create a meditation space (i.e., designated area) for 20 minutes in the morning. ([7 Tips for Creating a Home Meditation Space](#))
- 2) 5 minutes of gratitude affirmations ([click here](#))
- 3) Write in a gratitude journal, at least 3 things you are grateful for... (or create audio). ([click here to learn more about gratitude journals](#))
- 4) 5-minute energy exercise ([Version 1](#))
- 5) 5-minute breath work: ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#))
- 6) 5 minutes of meditation ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#)) ([Version 5](#))
- 7) Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (write down and/or record) ([click here for external link about positive intentions](#))
- 8) **TODAY'S AFFIRMATION: "Life is happening for me every moment I am alive."
- Chetana Kripalu, M.D.**
- 9) Set a mindfulness bell (use APP or reminder on phone) to set a gong/bell every two hours. *Ask yourself, how am I feeling and what am I thinking?* ([click here for Microsoft store: Mindfulness Bell APP](#))
- 10) Late evening: review the day (mentally or write down/record)
- 11) ([click here for external link: Why is it important to review the day?](#))
- 12) 5-minute meditation before going to sleep ([click here](#)) or ([click here](#))
- 13) Please listen/watch the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind.

([Click Here – Dr. Chetana Kripalu](#)) ([Click Here – Dr. Elizabeth Berman](#))
- 14) Recommended: Podcast/video about self-improvement anytime during day # 18
[The True Meaning of Mindfulness | Eckhart Talks With Jack Kornfield](#)

DAY # 18 CHECK LIST

(Please review if you have completed all of the following today. If you have skipped anything, please try to complete that activity tomorrow.)

- * Create a meditation space for 20 minutes in the morning. (YES / NO)
- * 5 minutes of gratitude affirmations (YES / NO)
- * Write in a gratitude journal, at least 3 things you are grateful for... (YES / NO)
- * 5-minute energy exercise (YES / NO)
- * 5-minute breath work (YES / NO)
- * 5 minutes of meditation (YES / NO)
- * Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (YES / NO)
- * Repeating today's affirmation 5 times... (YES / NO)
- * Did I use the mindfulness bell and how many times did I ask, "how am I feeling and what am I thinking?" – (YES / NO)
- * Late evening: review the day (mentally or write down/record) (YES / NO)
- * 5-minute meditation before going to sleep (YES / NO)
- * Listened/watched the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. (YES / NO)
- * Recommended: 15 minute or longer podcast/video about self-improvement. (YES / NO)

MAKE TOMORROW BETTER THAN TODAY AND KEEP PROGRESSING, ONE DAY AT A TIME.

DAY # 19

- 1) Create a meditation space (i.e., designated area) for 20 minutes in the morning. ([7 Tips for Creating a Home Meditation Space](#))
- 2) 5 minutes of gratitude affirmations ([click here](#))
- 3) Write in a gratitude journal, at least 3 things you are grateful for... (or create audio). ([click here to learn more about gratitude journals](#))
- 4) 5-minute energy exercise ([Version 1](#))
- 5) 5-minute breath work: ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#))
- 6) 5 minutes of meditation ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#)) ([Version 5](#))
- 7) Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (write down and/or record) ([click here for external link about positive intentions](#))
- 8) TODAY'S AFFIRMATION: "Life is happening for me every moment I am alive." -- Chetana Kripalu, M.D.**
- 9) Set a mindfulness bell (use APP or reminder on phone) to set a gong/bell every two hours. *Ask yourself, how am I feeling and what am I thinking?* ([click here for Microsoft store: Mindfulness Bell APP](#))
- 10) Late evening: review the day (mentally or write down/record) ([click here for external link: Why is it important to review the day?](#))
- 11) 5-minute meditation before going to sleep ([click here](#)) or ([click here](#))
- 12) Please listen/watch the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind.

([Click Here – Dr. Chetana Kripalu](#)) ([Click Here – Dr. Elizabeth Berman](#))
- 15) Recommended: Podcast/video about self-improvement anytime during day # 19
[How to Calm the Voice Inside | Eckhart Tolle Teachings](#)

DAY # 19 CHECK LIST

(Please review if you have completed all of the following today. If you have skipped anything, please try to complete that activity tomorrow.)

- * **Create a meditation space for 20 minutes in the morning. (YES / NO)**
- * **5 minutes of gratitude affirmations (YES / NO)**
- * **Write in a gratitude journal, at least 3 things you are grateful for... (YES / NO)**
- * **5-minute energy exercise (YES / NO)**
- * **5-minute breath work (YES / NO)**
- * **5 minutes of meditation (YES / NO)**
- * **Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (YES / NO)**
- * **Repeating today's affirmation 5 times... (YES / NO)**
- * **Did I use the mindfulness bell and how many times did I ask, "how am I feeling and what am I thinking?" – (YES / NO)**
- * **Late evening: review the day (mentally or write down/record) (YES / NO)**
- * **5-minute meditation before going to sleep (YES / NO)**
- * **Listened/watched the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. (YES / NO)**
- * **Recommended: 15 minute or longer podcast/video about self-improvement. (YES / NO)**

MAKE TOMORROW BETTER THAN TODAY AND KEEP PROGRESSING, ONE DAY AT A TIME.

DAY # 20

- 1) Create a meditation space (i.e., designated area) for 20 minutes in the morning. ([7 Tips for Creating a Home Meditation Space](#))
- 2) 5 minutes of gratitude affirmations ([click here](#))
- 3) Write in a gratitude journal, at least 3 things you are grateful for... (or create audio). ([click here to learn more about gratitude journals](#))
- 4) 5-minute energy exercise ([Version 1](#))
- 5) 5-minute breath work: ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#))
- 6) 5 minutes of meditation ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#)) ([Version 5](#))
- 7) Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (write down and/or record) ([click here for external link about positive intentions](#))
- 8) TODAY'S AFFIRMATION: "Life is happening for me every moment I am alive." -- Chetana Kripalu, M.D.**
- 9) Set a mindfulness bell (use APP or reminder on phone) to set a gong/bell every two hours. *Ask yourself, how am I feeling and what am I thinking?* ([click here for Microsoft store: Mindfulness Bell APP](#))
- 10) Late evening: review the day (mentally or write down/record) ([click here for external link: Why is it important to review the day?](#))
- 11) 5-minute meditation before going to sleep ([click here](#)) or ([click here](#))
- 12) Please listen/watch the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind.

([Click Here – Dr.Chetana Kripalu](#)) ([Click Here – Dr. Elizabeth Berman](#))
- 13) Recommended: Podcast/video about self-improvement anytime during day # 20
[The Space Between Self-Esteem and Self Compassion: Kristin Neff](#)

DAY # 20 CHECK LIST

(Please review if you have completed all of the following today. If you have skipped anything, please try to complete that activity tomorrow.)

- * **Create a meditation space for 20 minutes in the morning. (YES / NO)**
- * **5 minutes of gratitude affirmations (YES / NO)**
- * **Write in a gratitude journal, at least 3 things you are grateful for... (YES / NO)**
- * **5-minute energy exercise (YES / NO)**
- * **5-minute breath work (YES / NO)**
- * **5 minutes of meditation (YES / NO)**
- * **Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (YES / NO)**
- * **Repeating today's affirmation 5 times... (YES / NO)**
- * **Did I use the mindfulness bell and how many times did I ask, "how am I feeling and what am I thinking?" – (YES / NO)**
- * **Late evening: review the day (mentally or write down/record) (YES / NO)**
- * **5-minute meditation before going to sleep (YES / NO)**
- * **Listened/watched the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. (YES / NO)**
- * **Recommended: 15 minute or longer podcast/video about self-improvement. (YES / NO)**

MAKE TOMORROW BETTER THAN TODAY AND KEEP PROGRESSING, ONE DAY AT A TIME.

DAY # 21

- 1) Create a meditation space (i.e., designated area) for 20 minutes in the morning. ([7 Tips for Creating a Home Meditation Space](#))
- 2) 5 minutes of gratitude affirmations ([click here](#))
- 3) Write in a gratitude journal, at least 3 things you are grateful for... (or create audio). ([click here to learn more about gratitude journals](#))
- 4) 5-minute energy exercise ([Version 1](#))
- 5) 5-minute breath work: ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#))
- 6) 5 minutes of meditation ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#)) ([Version 5](#))
- 7) Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (write down and/or record) ([click here for external link about positive intentions](#))
- 8) TODAY'S AFFIRMATION: "I am perfect, I am enough, I am love." – Chetana Kripalu, M.D.**
- 9) Set a mindfulness bell (use APP or reminder on phone) to set a gong/bell every two hours. *Ask yourself, how am I feeling and what am I thinking?* ([click here for Microsoft store: Mindfulness Bell APP](#))
- 10) Late evening: review the day (mentally or write down/record) ([click here for external link: Why is it important to review the day?](#))
- 11) 5-minute meditation before going to sleep ([click here](#)) or ([click here](#))
- 12) Please listen/watch the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind.
([Click Here – Dr.Chetana Kripalu](#)) ([Click Here – Dr. Elizabeth Berman](#))
- 13) Recommended: Podcast/video about self-improvement anytime during day # 21
[The art of being yourself | Caroline McHugh](#)

DAY # 21 CHECK LIST

(Please review if you have completed all of the following today. If you have skipped anything, please try to complete that activity tomorrow.)

- * **Create a meditation space for 20 minutes in the morning. (YES / NO)**
- * **5 minutes of gratitude affirmations (YES / NO)**
- * **Write in a gratitude journal, at least 3 things you are grateful for... (YES / NO)**
- * **5-minute energy exercise (YES / NO)**
- * **5-minute breath work (YES / NO)**
- * **5 minutes of meditation (YES / NO)**
- * **Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (YES / NO)**
- * **Repeating today's affirmation 5 times... (YES / NO)**
- * **Did I use the mindfulness bell and how many times did I ask, "how am I feeling and what am I thinking?" – (YES / NO)**
- * **Late evening: review the day (mentally or write down/record) (YES / NO)**
- * **5-minute meditation before going to sleep (YES / NO)**
- * **Listened/watched the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. (YES / NO)**
- * **Recommended: 15 minute or longer podcast/video about self-improvement. (YES / NO)**

MAKE TOMORROW BETTER THAN TODAY AND KEEP PROGRESSING, ONE DAY AT A TIME.

DAY # 22

- 1) Create a meditation space (i.e., designated area) for 20 minutes in the morning. ([7 Tips for Creating a Home Meditation Space](#))
- 2) 5 minutes of gratitude affirmations ([click here](#))
- 3) Write in a gratitude journal, at least 3 things you are grateful for... (or create audio). ([click here to learn more about gratitude journals](#))
- 4) 5-minute energy exercise ([Version 1](#))
- 5) 5-minute breath work: ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#))
- 6) 5 minutes of meditation ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#)) ([Version 5](#))
- 7) Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (write down and/or record) ([click here for external link about positive intentions](#))
- 8) TODAY'S AFFIRMATION: "I am perfect, I am enough, I am love."
Chetana Kripalu, M.D.**
- 9) Set a mindfulness bell (use APP or reminder on phone) to set a gong/bell every two hours. *Ask yourself, how am I feeling and what am I thinking?* ([click here for Microsoft store: Mindfulness Bell APP](#))
- 10) Late evening: review the day (mentally or write down/record) ([click here for external link: Why is it important to review the day?](#))
- 11) 5-minute meditation before going to sleep ([click here](#)) or ([click here](#))
- 12) Please listen/watch the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. ([Click Here – Dr. Chetana Kripalu](#)) ([Click Here – Dr. Elizabeth Berman](#))
- 13) Recommended: Podcast/video about self-improvement anytime during day # 22 [Alan Watts - Trust the Universe And Control Nothing](#)

DAY # 22 CHECK LIST

(Please review if you have completed all of the following today. If you have skipped anything, please try to complete that activity tomorrow.)

- * **Create a meditation space for 20 minutes in the morning. (YES / NO)**
- * **5 minutes of gratitude affirmations (YES / NO)**
- * **Write in a gratitude journal, at least 3 things you are grateful for... (YES / NO)**
- * **5-minute energy exercise (YES / NO)**
- * **5-minute breath work (YES / NO)**
- * **5 minutes of meditation (YES / NO)**
- * **Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (YES / NO)**
- * **Repeating today's affirmation 5 times... (YES / NO)**
- * **Did I use the mindfulness bell and how many times did I ask, "how am I feeling and what am I thinking?" – (YES / NO)**
- * **Late evening: review the day (mentally or write down/record) (YES / NO)**
- * **5-minute meditation before going to sleep (YES / NO)**
- * **Listened/watched the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. (YES / NO)**
- * **Recommended: 15 minute or longer podcast/video about self-improvement. (YES / NO)**

MAKE TOMORROW BETTER THAN TODAY AND KEEP PROGRESSING, ONE DAY AT A TIME.

DAY # 23

- 1) Create a meditation space (i.e., designated area) for 20 minutes in the morning. ([7 Tips for Creating a Home Meditation Space](#))
- 2) 5 minutes of gratitude affirmations ([click here](#))
- 3) Write in a gratitude journal, at least 3 things you are grateful for... (or create audio). ([click here to learn more about gratitude journals](#))
- 4) 5-minute energy exercise ([Version 1](#))
- 5) 5-minute breath work: ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#))
- 6) 5 minutes of meditation ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#)) ([Version 5](#))
- 7) Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (write down and/or record) ([click here for external link about positive intentions](#))
- 8) TODAY'S AFFIRMATION: "I am perfect, I am enough, I am love."
Chetana Kripalu, M.D.**
- 9) Set a mindfulness bell (use APP or reminder on phone) to set a gong/bell every two hours. *Ask yourself, how am I feeling and what am I thinking?* ([click here for Microsoft store: Mindfulness Bell APP](#))
- 10) Late evening: review the day (mentally or write down/record) ([click here for external link: Why is it important to review the day?](#))
- 11) 5-minute meditation before going to sleep ([click here](#)) or ([click here](#))
- 12) Please listen/watch the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. ([Click Here – Dr. Chetana Kripalu](#)) ([Click Here – Dr. Elizabeth Berman](#))
- 13) Recommended: Podcast/video about self-improvement anytime during day # 23
[Alan Watts on How To Meditate](#)

DAY # 23 CHECK LIST

(Please review if you have completed all of the following today. If you have skipped anything, please try to complete that activity tomorrow.)

- * **Create a meditation space for 20 minutes in the morning. (YES / NO)**
- * **5 minutes of gratitude affirmations (YES / NO)**
- * **Write in a gratitude journal, at least 3 things you are grateful for... (YES / NO)**
- * **5-minute energy exercise (YES / NO)**
- * **5-minute breath work (YES / NO)**
- * **5 minutes of meditation (YES / NO)**
- * **Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (YES / NO)**
- * **Repeating today's affirmation 5 times... (YES / NO)**
- * **Did I use the mindfulness bell and how many times did I ask, "how am I feeling and what am I thinking?" – (YES / NO)**
- * **Late evening: review the day (mentally or write down/record) (YES / NO)**
- * **5-minute meditation before going to sleep (YES / NO)**
- * **Listened/watched the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. (YES / NO)**
- * **Recommended: 15 minute or longer podcast/video about self-improvement. (YES / NO)**

MAKE TOMORROW BETTER THAN TODAY AND KEEP PROGRESSING, ONE DAY AT A TIME.

DAY # 24

- 1) Create a meditation space (i.e., designated area) for 20 minutes in the morning. ([7 Tips for Creating a Home Meditation Space](#))
- 2) 5 minutes of gratitude affirmations ([click here](#))
- 3) Write in a gratitude journal, at least 3 things you are grateful for... (or create audio). ([click here to learn more about gratitude journals](#))
- 4) 5-minute energy exercise ([Version 1](#))
- 5) 5-minute breath work: ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#))
- 6) 5 minutes of meditation ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#)) ([Version 5](#))
- 7) Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (write down and/or record) ([click here for external link about positive intentions](#))
- 8) TODAY'S AFFIRMATION: "I am perfect, I am enough, I am love."
Chetana Kripalu, M.D.**
- 9) Set a mindfulness bell (use APP or reminder on phone) to set a gong/bell every two hours. *Ask yourself, how am I feeling and what am I thinking?* ([click here for Microsoft store: Mindfulness Bell APP](#))
- 10) Late evening: review the day (mentally or write down/record) ([click here for external link: Why is it important to review the day?](#))
- 11) 5-minute meditation before going to sleep ([click here](#)) or ([click here](#))
- 12) Please listen/watch the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. ([Click Here – Dr.Chetana Kripalu](#)) ([Click Here – Dr. Elizabeth Berman](#))
- 13) Recommended: Podcast/video about self-improvement anytime during day # 24 [Talk and Meditation by Jon Kabat-Zinn](#)

DAY # 24 CHECK LIST

(Please review if you have completed all of the following today. If you have skipped anything, please try to complete that activity tomorrow.)

- * **Create a meditation space for 20 minutes in the morning. (YES / NO)**
- * **5 minutes of gratitude affirmations (YES / NO)**
- * **Write in a gratitude journal, at least 3 things you are grateful for... (YES / NO)**
- * **5-minute energy exercise (YES / NO)**
- * **5-minute breath work (YES / NO)**
- * **5 minutes of meditation (YES / NO)**
- * **Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (YES / NO)**
- * **Repeating today's affirmation 5 times... (YES / NO)**
- * **Did I use the mindfulness bell and how many times did I ask, "how am I feeling and what am I thinking?" – (YES / NO)**
- * **Late evening: review the day (mentally or write down/record) (YES / NO)**
- * **5-minute meditation before going to sleep (YES / NO)**
- * **Listened/watched the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. (YES / NO)**
- * **Recommended: 15 minute or longer podcast/video about self-improvement. (YES / NO)**

MAKE TOMORROW BETTER THAN TODAY AND KEEP PROGRESSING, ONE DAY AT A TIME.

DAY # 25

- 1) Create a meditation space (i.e., designated area) for 20 minutes in the morning. ([7 Tips for Creating a Home Meditation Space](#))
- 2) 5 minutes of gratitude affirmations ([click here](#))
- 3) Write in a gratitude journal, at least 3 things you are grateful for... (or create audio). ([click here to learn more about gratitude journals](#))
- 4) 5-minute energy exercise ([Version 1](#))
- 5) 5-minute breath work: ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#))
- 6) 5 minutes of meditation ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#)) ([Version 5](#))
- 7) Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (write down and/or record) ([click here for external link about positive intentions](#))
- 8) TODAY'S AFFIRMATION: "Today, I am brimming with energy and overflowing with joy." - Anonymous**
- 9) Set a mindfulness bell (use APP or reminder on phone) to set a gong/bell every two hours. *Ask yourself, how am I feeling and what am I thinking?* ([click here for Microsoft store: Mindfulness Bell APP](#))
- 10) Late evening: review the day (mentally or write down/record) ([click here for external link: Why is it important to review the day?](#))
- 14) 5-minute meditation before going to sleep ([click here](#)) or ([click here](#))
- 15) Please listen/watch the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. ([Click Here – Dr. Chetana Kripalu](#)) ([Click Here – Dr. Elizabeth Berman](#))
- 16) Recommended: Podcast/video about self-improvement anytime during day # 25 [How to Find Inner Peace | Eckhart Tolle Teachings](#)

DAY # 25 CHECK LIST

(Please review if you have completed all of the following today. If you have skipped anything, please try to complete that activity tomorrow.)

- * **Create a meditation space for 20 minutes in the morning. (YES / NO)**
- * **5 minutes of gratitude affirmations (YES / NO)**
- * **Write in a gratitude journal, at least 3 things you are grateful for... (YES / NO)**
- * **5-minute energy exercise (YES / NO)**
- * **5-minute breath work (YES / NO)**
- * **5 minutes of meditation (YES / NO)**
- * **Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (YES / NO)**
- * **Repeating today's affirmation 5 times... (YES / NO)**
- * **Did I use the mindfulness bell and how many times did I ask, "how am I feeling and what am I thinking?" – (YES / NO)**
- * **Late evening: review the day (mentally or write down/record) (YES / NO)**
- * **5-minute meditation before going to sleep (YES / NO)**
- * **Listened/watched the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. (YES / NO)**
- * **Recommended: 15 minute or longer podcast/video about self-improvement. (YES / NO)**

MAKE TOMORROW BETTER THAN TODAY AND KEEP PROGRESSING, ONE DAY AT A TIME.

DAY # 26

- 1) Create a meditation space (i.e., designated area) for 20 minutes in the morning. ([7 Tips for Creating a Home Meditation Space](#))
- 2) 5 minutes of gratitude affirmations ([click here](#))
- 3) Write in a gratitude journal, at least 3 things you are grateful for... (or create audio). ([click here to learn more about gratitude journals](#))
- 4) 5-minute energy exercise ([Version 1](#))
- 5) 5-minute breath work: ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#))
- 6) 5 minutes of meditation ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#)) ([Version 5](#))
- 7) Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (write down and/or record) ([click here for external link about positive intentions](#))
- 8) TODAY'S AFFIRMATION: "Today, I am brimming with energy and overflowing with joy." - Anonymous**
- 9) Set a mindfulness bell (use APP or reminder on phone) to set a gong/bell every two hours. *Ask yourself, how am I feeling and what am I thinking?* ([click here for Microsoft store: Mindfulness Bell APP](#))
- 10) Late evening: review the day (mentally or write down/record) ([click here for external link: Why is it important to review the day?](#))
- 17) 5-minute meditation before going to sleep ([click here](#)) or ([click here](#))
- 18) Please listen/watch the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. ([Click Here – Dr. Chetana Kripalu](#)) ([Click Here – Dr. Elizabeth Berman](#))
- 19) Recommended: Podcast/video about self-improvement anytime during day # 26
[Jack Kornfield: 12 Principles of Forgiveness](#)

DAY # 26 CHECK LIST

(Please review if you have completed all of the following today. If you have skipped anything, please try to complete that activity tomorrow.)

- * **Create a meditation space for 20 minutes in the morning. (YES / NO)**
- * **5 minutes of gratitude affirmations (YES / NO)**
- * **Write in a gratitude journal, at least 3 things you are grateful for... (YES / NO)**
- * **5-minute energy exercise (YES / NO)**
- * **5-minute breath work (YES / NO)**
- * **5 minutes of meditation (YES / NO)**
- * **Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (YES / NO)**
- * **Repeating today's affirmation 5 times... (YES / NO)**
- * **Did I use the mindfulness bell and how many times did I ask, "how am I feeling and what am I thinking?" – (YES / NO)**
- * **Late evening: review the day (mentally or write down/record) (YES / NO)**
- * **5-minute meditation before going to sleep (YES / NO)**
- * **Listened/watched the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. (YES / NO)**
- * **Recommended: 15 minute or longer podcast/video about self-improvement. (YES / NO)**

MAKE TOMORROW BETTER THAN TODAY AND KEEP PROGRESSING, ONE DAY AT A TIME.

DAY # 27

- 1) Create a meditation space (i.e., designated area) for 20 minutes in the morning. ([7 Tips for Creating a Home Meditation Space](#))
- 2) 5 minutes of gratitude affirmations ([click here](#))
- 3) Write in a gratitude journal, at least 3 things you are grateful for... (or create audio). ([click here to learn more about gratitude journals](#))
- 4) 5-minute energy exercise ([Version 1](#))
- 5) 5-minute breath work: ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#))
- 6) 5 minutes of meditation ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#)) ([Version 5](#))
- 7) Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (write down and/or record) ([click here for external link about positive intentions](#))
- 8) TODAY'S AFFIRMATION: "Today, I am brimming with energy and overflowing with joy." - Anonymous**
- 9) Set a mindfulness bell (use APP or reminder on phone) to set a gong/bell every two hours. *Ask yourself, how am I feeling and what am I thinking?* ([click here for Microsoft store: Mindfulness Bell APP](#))
- 10) Late evening: review the day (mentally or write down/record) ([click here for external link: Why is it important to review the day?](#))
- 20) 5-minute meditation before going to sleep ([click here](#)) or ([click here](#))
- 21) Please listen/watch the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. ([Click Here – Dr. Chetana Kripalu](#)) ([Click Here – Dr. Elizabeth Berman](#))
- 22) Recommended: Podcast/video about self-improvement anytime during day # 27 [The power of forgiveness | Sammy Rangel](#)

DAY # 27 CHECK LIST

(Please review if you have completed all of the following today. If you have skipped anything, please try to complete that activity tomorrow.)

- * **Create a meditation space for 20 minutes in the morning. (YES / NO)**
- * **5 minutes of gratitude affirmations (YES / NO)**
- * **Write in a gratitude journal, at least 3 things you are grateful for... (YES / NO)**
- * **5-minute energy exercise (YES / NO)**
- * **5-minute breath work (YES / NO)**
- * **5 minutes of meditation (YES / NO)**
- * **Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (YES / NO)**
- * **Repeating today's affirmation 5 times... (YES / NO)**
- * **Did I use the mindfulness bell and how many times did I ask, "how am I feeling and what am I thinking?" – (YES / NO)**
- * **Late evening: review the day (mentally or write down/record) (YES / NO)**
- * **5-minute meditation before going to sleep (YES / NO)**
- * **Listened/watched the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. (YES / NO)**
- * **Recommended: 15 minute or longer podcast/video about self-improvement. (YES / NO)**

MAKE TOMORROW BETTER THAN TODAY AND KEEP PROGRESSING, ONE DAY AT A TIME.

DAY # 28

- 1) Create a meditation space (i.e., designated area) for 20 minutes in the morning. ([7 Tips for Creating a Home Meditation Space](#))
- 2) 5 minutes of gratitude affirmations ([click here](#))
- 3) Write in a gratitude journal, at least 3 things you are grateful for... (or create audio). ([click here to learn more about gratitude journals](#))
- 4) 5-minute energy exercise ([Version 1](#))
- 5) 5-minute breath work: ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#))
- 6) 5 minutes of meditation ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#)) ([Version 5](#))
- 7) Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (write down and/or record) ([click here for external link about positive intentions](#))
- 8) TODAY'S AFFIRMATION: "Today, I am brimming with energy and overflowing with joy." - Anonymous**
- 9) Set a mindfulness bell (use APP or reminder on phone) to set a gong/bell every two hours. *Ask yourself, how am I feeling and what am I thinking?* ([click here for Microsoft store: Mindfulness Bell APP](#))
- 10) Late evening: review the day (mentally or write down/record) ([click here for external link: Why is it important to review the day?](#))
- 23) 5-minute meditation before going to sleep ([click here](#)) or ([click here](#))
- 24) Please listen/watch the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. ([Click Here – Dr. Chetana Kripalu](#)) ([Click Here – Dr. Elizabeth Berman](#))
- 25) Recommended: Podcast/video about self-improvement anytime during day # 28 [Ho'oponopono 10 Minute Meditation](#)

DAY # 28 CHECK LIST

(Please review if you have completed all of the following today. If you have skipped anything, please try to complete that activity tomorrow.)

- * **Create a meditation space for 20 minutes in the morning. (YES / NO)**
- * **5 minutes of gratitude affirmations (YES / NO)**
- * **Write in a gratitude journal, at least 3 things you are grateful for... (YES / NO)**
- * **5-minute energy exercise (YES / NO)**
- * **5-minute breath work (YES / NO)**
- * **5 minutes of meditation (YES / NO)**
- * **Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (YES / NO)**
- * **Repeating today's affirmation 5 times... (YES / NO)**
- * **Did I use the mindfulness bell and how many times did I ask, "how am I feeling and what am I thinking?" – (YES / NO)**
- * **Late evening: review the day (mentally or write down/record) (YES / NO)**
- * **5-minute meditation before going to sleep (YES / NO)**
- * **Listened/watched the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. (YES / NO)**
- * **Recommended: 15 minute or longer podcast/video about self-improvement. (YES / NO)**

MAKE TOMORROW BETTER THAN TODAY AND KEEP PROGRESSING, ONE DAY AT A TIME.

DAY # 29

- 1) Create a meditation space (i.e., designated area) for 20 minutes in the morning. ([7 Tips for Creating a Home Meditation Space](#))
- 2) 5 minutes of gratitude affirmations ([click here](#))
- 3) Write in a gratitude journal, at least 3 things you are grateful for... (or create audio). ([click here to learn more about gratitude journals](#))
- 4) 5-minute energy exercise ([Version 1](#))
- 5) 5-minute breath work: ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#))
- 6) 5 minutes of meditation ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#)) ([Version 5](#))
- 7) Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (write down and/or record) ([click here for external link about positive intentions](#))
- 8) TODAY'S AFFIRMATION: "Today, I am brimming with energy and overflowing with joy." - Anonymous**
- 9) Set a mindfulness bell (use APP or reminder on phone) to set a gong/bell every two hours. *Ask yourself, how am I feeling and what am I thinking?* ([click here for Microsoft store: Mindfulness Bell APP](#))
- 10) Late evening: review the day (mentally or write down/record) ([click here for external link: Why is it important to review the day?](#))
- 26) 5-minute meditation before going to sleep ([click here](#)) or ([click here](#))
- 27) Please listen/watch the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. ([Click Here – Dr. Chetana Kripalu](#)) ([Click Here – Dr. Elizabeth Berman](#))
- 28) Recommended: Podcast/video about self-improvement anytime during day # 29
[Within You Is The Power - THE SECRET POWER OF THE UNIVERSE](#)

DAY # 29 CHECK LIST

(Please review if you have completed all of the following today. If you have skipped anything, please try to complete that activity tomorrow.)

- * Create a meditation space for 20 minutes in the morning. (YES / NO)
- * 5 minutes of gratitude affirmations (YES / NO)
- * Write in a gratitude journal, at least 3 things you are grateful for... (YES / NO)
- * 5-minute energy exercise (YES / NO)
- * 5-minute breath work (YES / NO)
- * 5 minutes of meditation (YES / NO)
- * Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (YES / NO)
- * Repeating today's affirmation 5 times... (YES / NO)
- * Did I use the mindfulness bell and how many times did I ask, "how am I feeling and what am I thinking?" – (YES / NO)
- * Late evening: review the day (mentally or write down/record) (YES / NO)
- * 5-minute meditation before going to sleep (YES / NO)
- * Listened/watched the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. (YES / NO)
- * Recommended: 15 minute or longer podcast/video about self-improvement. (YES / NO)

MAKE TOMORROW BETTER THAN TODAY AND KEEP PROGRESSING, ONE DAY AT A TIME.

DAY # 30

- 1) Create a meditation space (i.e., designated area) for 20 minutes in the morning. ([7 Tips for Creating a Home Meditation Space](#))
- 2) 5 minutes of gratitude affirmations ([click here](#))
- 3) Write in a gratitude journal, at least 3 things you are grateful for... (or create audio). ([click here to learn more about gratitude journals](#))
- 4) 5-minute energy exercise ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#))
- 5) 5-minute breath work: ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#))
- 6) 5 minutes of meditation ([Version 1](#)) ([Version 2](#)) ([Version 3](#)) ([Version 4](#)) ([Version 5](#))
- 7) Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (write down and/or record) ([click here for external link about positive intentions](#))
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- 11) 5-minute meditation before going to sleep ([click here](#)) or ([click here](#))
- 12) Please listen/watch the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind.

([Click Here – Dr. Chetana Kripalu](#)) ([Click Here – Dr. Elizabeth Berman](#))
- 13) Recommended: Podcast/video about self-improvement anytime during day # 30
[The Time When Buddha Was Lost - an encouraging story for your life](#)

DAY # 30 CHECK LIST

(Please review if you have completed all of the following today. If you have skipped anything, please try to complete that activity tomorrow.)

- * **Create a meditation space for 20 minutes in the morning. (YES / NO)**
- * **5 minutes of gratitude affirmations (YES / NO)**
- * **Write in a gratitude journal, at least 3 things you are grateful for... (YES / NO)**
- * **5-minute energy exercise (YES / NO)**
- * **5-minute breath work (YES / NO)**
- * **5 minutes of meditation (YES / NO)**
- * **Visualize your day and set positive intentions: how do I want to feel throughout the day, how do I want to feel at the end of the day... (YES / NO)**
- * **Repeating today's affirmation 5 times... (YES / NO)**
- * **Did I use the mindfulness bell and how many times did I ask, "how am I feeling and what am I thinking?" – (YES / NO)**
- * **Late evening: review the day (mentally or write down/record) (YES / NO)**
- * **5-minute meditation before going to sleep (YES / NO)**
- * **Listened/watched the recommended podcast/video by Dr. Chetana Kripalu & Dr. Elizabeth Berman for conscious reprogramming of your mind. (YES / NO)**
- * **Recommended: 15 minute or longer podcast/video about self-improvement. (YES / NO)**

MAKE TOMORROW BETTER THAN TODAY AND KEEP PROGRESSING, ONE DAY AT A TIME.