The daily 5-minute challenge.

1. The mind/emotion check-in.

I notice my mind saying about the day ahead….

I notice I feel about the day ahead….

2. The “ideal end of day” check-in.

At the end of the day I would like to be….

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3. What can I do to make this happen:

My three things are…

1.

2.

3.

4. At the end of the day:

At the end of the day I learnt this about myself….

At the end of the day I realise I got caught in battle with myself about….

I release this for today and begin tomorrow as a new day with this wisdom.

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