

BEST DAY

EVERYDAY

Plan it out from opening your eyes in the morning to closing your eyes at night. Incorporate everything that you can into your daily routine so that every day can be your BEST DAY EVER!



1 Bedroom environment

Where would you like to wake up every day if you could? Create it.



4 Schedule Meals & Snacks

What foods make you feel good - add them in!



2 Schedule in Fun

What could you do every day to have fun? Make it part of your routine



5 Plan Relax Time

What would you do on your best day every to relax? Add it in!



3 Clothes, Accessories, Hair, Skin Care

What is your idea look, style or goal for your appearance - make steps to get that look every day.



6 Work/Home Environment

What would your office, home or environment look like on the best day ever?