

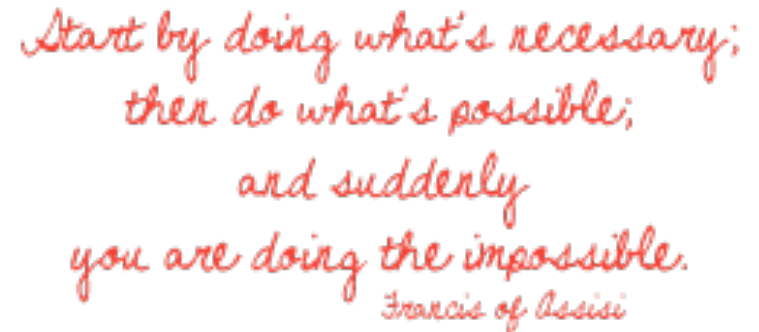
Day 9

Good Morning,

Today is implementation day! That means you are going to get caught up on everything you have missed for the last 8 days and go back over and reevaluate your goals. Perhaps there are new ones you want to make instead, or ones that aren't serving you as well (read: not motivating you).

How are you doing on your journaling? Today is a good day to go back, read and see everything you have learned and all the progress you have made.

To Your Health,



*Start by doing what's necessary;
then do what's possible;
and suddenly
you are doing the impossible.
Francis of Assisi*

Urban Wellness Bootcamp



Day 9

Task

Make a list of 10 things
you are grateful for today.