

lovemindbodyheart.

Be blissful, bountiful & beautiful

4 HABITS OF JOYFUL, EFFECTIVE PEOPLE



HAVE ONE
TO-DO LIST.

PROCESS EMAILS +
PAPERWORK AT
SPECIFIC POINTS IN
THE DAY

AT THE END OF THE
DAY WRITE DOWN THE
MOST IMPORTANT
THINGS YOU HAVE TO
DO TOMORROW

CREATE
SPACE FOR
YOURSELF
TO
REFLECT,
REVIEW +
PLAN.

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