



Day 1

Visualize

Set your Intention
& Visualize Success



1 - Day 1 Worksheet 1



2 - Listen to 'Day 1 - Visualize'



3 - Day 1 Worksheet 2



Day 2

Mindful

Building Healthy
Habits & Mindfulness



1 - Day 2 Worksheet



2 - Listen to 'Day 2 - Mindful'



3 - Review the Day 2 Worksheet and add or change anything based on your experiences during the session



Day 3

Overcome

Overcoming Emotional
Eating & Finding Calm



1 - Day 3 Worksheet



2 - Listen to 'Day 3 - Overcome'



3 - Day 3 Worksheet & Reflect



Day 4

Commit

Strengthening
Commitment & Resilience



1 - Listen to 'Day 4 - Commit'



2 - Day 4 Worksheet



Day 5

Release

Releasing Old Habits
& Embracing Change



1 - Day 5 worksheet



2 - Listen to 'Day 5 - Release'



3 - Day 5 Worksheet & Reflect



Day 6

Confidence

Boosting Confidence
& Inner Strength



1 - Listen to 'Day 6 - Confidence'



2 - Day 6 Worksheet



Day 7

Future

Reflecting on Progress
& Planning Ahead



1 - Listen to 'Day 7 - Future'



2 - Day 7 Worksheet