

A little progress each day adds up to big results

I am open to receive all the good coming my way

Staying committed to healthy daily habits is like writing a series of love letters to your future self.

I deserve to feel strong, healthy and vibrant

I have all the time I need.

I model who I want my kids to become

I am inspired and have the power to accomplish everything I need to today.

Lord, even in seasons when I'm worn out, give me the discipline to maintain a strong work ethic at home and in my business.

My actions align with my priorities.

How we spend our days is, of course, how we spend our lives.

Humans are mirrors- Show up the way you want to be mirrored.

Discipline is choosing between what you want now + what you want most.

Where you are a year from now is a reflection of the choices you make right now.

I love my body
and care for it
well.

I have created
the perfect
business for
myself

With every
small action,
I am
building
momentum.

God handpicked these
children for me.

of power + joy

I show my
kids love
through
actions and
words.

I am
deserving of
all the
abundance I
desire.

What you're
concentrating
on, you'll get
more of.

I am what I repeat.

I invest my time to I
train and remind

Ordinary
routines
create
extraordinary
results.

Any habit
you're not
changing,
you're
choosing.

Consistency is an
action.
Overwhelm is a
feeling.

I stay
calm, even
in the
chaos

I am brave.
I am safe in
my home.

I bring joy
to the
world.

I am beautiful.
I am so loved.

I am strong.

I take
care of
my
things.

I choose
how I
spend my
time.

Everything
is hard
before it's
easy.

What do I have control
over right now?

Find the magic
moments.

Fun is
always an
option.

I decide the
energy I bring
to the world
today.

When you
thrive,
everyone
wins.

