

# 10 NO EXCUSE COMMANDMENTS



- 1) I will start my day successful by making my bed every morning.
- 2) I will reflect and set new fitness goals weekly.
- 3) I will prioritize self-care.
- 4) I will limit processed and high-sugar foods/drinks.
- 5) I will take time to think, breathe and/or meditate daily.
- 6) I will ask for help when needed.
- 7) I will speak lovingly to the people I care about.
- 8) I will prioritize more home-cooked meals.
- 9) I will be more aware of the energy I allow into my life, whether it's people, social media or things.
- 10) I will stop making Excuses.

Sign: \_\_\_\_\_ Date: \_\_\_\_\_



In 2019 I VOW TO STOP MAKING THIS AN EXCUSE for not taking care of myself: