

Day 2 BONUS

Full Lives Reviews
Products & Inspiration for a full life

ULTIMATE MINDSET HACK

- 1: Grab your notebook or journal.
- 2: Plan your dream day either hourly or things you would want to experience each day
- 4: Do as much as you can on that list today, or plan for it tomorrow!

Example:

- 1: Wake up without an alarm
- 2: Eat a nutritious breakfast
- 3: 20 minutes of creating content per day
- 4: Do as much as you can on that list today, or plan for it tomorrow!