

# Burnout to Brilliance

## Day 3 Journal Prompts

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Commit to Your Health. Input the scheduled date for your routine testing below.

5 Ways I Will Support My Physical Body Today Are....

I Commit To Making The Following Changes In Order To Give My Body The Most Optimal Support & Environment:

List All The Negative Thoughts You Notice For 1 Day Below.

What thoughts do you WANT to believe? What are these negative thoughts trying to tell you?

Reflect on This: Why am I comparing myself to others? What is driving me to DO so much? What is this busy-ness hiding?

Audit Your Life. Make a List Below of All The Negative Things That Must Change/That Have To Go...

Make Your Faith a PRIORITY. Check Off Each Box For The Days You Do Reflect, Meditate or Pray.

<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>S</b>	<b>S</b>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>