

# A DAY WITH HER



## TODAY'S SCHEDULE IS ...

5:00 \_\_\_\_\_

6:00 \_\_\_\_\_

7:00 Hear HER \_\_\_\_\_

8:00 \_\_\_\_\_

9:00 \_\_\_\_\_

10:00 \_\_\_\_\_

11:00 \_\_\_\_\_

12:00 \_\_\_\_\_

1:00 \_\_\_\_\_

2:00 \_\_\_\_\_

3:00 Trust HER \_\_\_\_\_

4:00 \_\_\_\_\_

5:00 \_\_\_\_\_

6:00 \_\_\_\_\_

7:00 \_\_\_\_\_

8:00 \_\_\_\_\_

9:00 Love HER \_\_\_\_\_

10:00 \_\_\_\_\_

## TODAY'S AFF-HER-MATION

## THINGS TO DO

- ◆ Ask HER \_\_\_\_\_
- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_
- ◆ Thank HER \_\_\_\_\_
- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_

## THINGS TO REMEMBER

HERwithin

## Nourish HER



give yourself some love with each 8 oz glass of water

## M.E.E.P.S. CHECK IN

You are more than one body. You are a **m**ental body, **e**mo-tional body, **e**nergetic body, **p**hysical body and **s**piritual body. These are your **MEEPS!** Check in with them when you're feeling off to find out what it is that you need. Sometimes it's a hug or other days it may be a break from the hustle.

How are you feeling? What's your MEEP score today?

Mental	1	2	3	4	5	6	7	8	9	10
Emotional	1	2	3	4	5	6	7	8	9	10
Energetic	1	2	3	4	5	6	7	8	9	10
Physical	1	2	3	4	5	6	7	8	9	10
Spiritual	1	2	3	4	5	6	7	8	9	10

