

Dial It Up!

DAILY BLUEPRINT

Name it!

I'm not feeling so hot. In fact, I'm feeling pretty crappy.

What am I *feeling* exactly right now?

- _____
- _____
- _____

Decide it!

If I could pick any feeling to have about today, what would it be?

Better yet, I want to have a blend of these three *cool feeling* states.

- _____
- _____
- _____

Bring it!

What can I believe to *DIAL UP* these feelings for myself?

Ideas: _____

What can I do to *help fuel* the dialed up feelings?

Ideas: _____

What's one thing that I can *"knock off"* that is not serving me?

Ideas: _____

