

Joy BOOTCAMP

with Jean Leggett™

6 Weeks to Retrain your Body, Mind & Soul for More JOY!

DAILY JOY REGIMEN Date:

TODAY'S AFFIRMATION /INTENTION

.....

LISTENING TO MY BODY WISDOM

EARLY

MID DAY

EVENING

4 ELEMENTS OF JOY (Choose one for 5 minutes +)

SINGING PLAYING

LAUGHING DANCING

ATTITUDE

HOW DID I SHOW UP TODAY?

.....

.....

WAS I AWARE OF MY ATTITUDE?

.....

.....

HOW DID I WANT TO SHOW UP TODAY?

.....

.....

NOURISH MY BODY

VEGGIES MULTIVITAMINS

FRUIT SLEEP (8 HRS)

WATER

MOVE MY BODY

20 MINS CARDIO

20 MINS STRENGTH

ME TIME

WHAT DID I DO FOR ME TODAY?

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GRATITUDE

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-
-
-
-

INSPIRATION

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JOY METER 1-10

