



HealthyBodyHealthyLife  
with *Melissa Koerner*

## Module 3 - Part 4 Action Step Guide

# How to Create a Framework for Your Day



Copyright © 2020, Forward Fitness 360, LLC d/b/a/ Healthy Body Healthy Life

All rights reserved. No portion of this book may be used, reproduced or transmitted in any form or by any means, electronic or mechanical, including fax, photocopy, recording or any information storage and retrieval system by anyone but the purchaser for his or her own personal use. This book may not be reproduced in any form without the written permission of the publisher, except by a reviewer who wishes to quote brief passages in connection with a review written for inclusion in a magazine, newspaper or website and has written approval prior to publishing.

[HealthyBodyHealthyLife.com](http://HealthyBodyHealthyLife.com)

#### Professional Advice Disclaimer

The nutrition, exercise, and health information and activities described in this book were developed by the author and are to be used as an adjunct to improved health, fitness, and weight-loss. These programs may not be appropriate for everyone. All individuals, especially those who suffer from any disease or are recovering from any injury, should consult their physicians regarding the advisability of undertaking any of the activities suggested in these programs. The author has been painstaking in her research. However, she is neither responsible nor liable for any harm or injury resulting from this program or the use of the exercises or exercise devices described herein.



## | HOW TO CREATE A FRAMEWORK FOR YOUR DAY

**At the start of your day...**

### **1. Meditate for at least 10 minutes**

Stress reduction and better emotional health are just two of the many scientific benefits of meditation. As part of your meditation you may ask for guidance for the day. If there's a particular challenge you're dealing with, I'll ask for guidance around that issue.

### **2. Write down 3 things you're grateful for**

Being grateful for what you already have shifts your energy and puts you in harmony with what you WANT, so you attract more good things into your life.

### **3. Send love to anyone who is upsetting you**

Most of the time we send bad energy to someone bothering us—instead send love; it's not about the other person, it's about the vibration you're putting yourself in and sending love puts YOU in a good vibration.

**At the end of your day...**

### **Write down 3 wins for the day**

What are 3 things that went well? Our minds naturally want to focus on negative things i.e. what we did wrong or how we've been "bad" with our choices, or what we still haven't accomplished yet. This is focusing on the GAP – the space between where you are and where you want to be.

We have to train our brains to stay focused on the GAINS not the gaps. When we focus on the gains, we're putting our energy into celebrating those little milestones or "wins" we accomplish on our journey towards accomplishing our goals. When we stay focused on our wins, we keep feeding ourselves the positive energy we need to feel inspired and keep moving forward.