

7AM LIVE SESSIONS

STEP 1:

Commit to your mornings – set the intention to join as many 7am sessions as you can this month

STEP 2:

Track your progress – tick a box each weekday you show up (aim for 20 ticks by the end of the month!)

STEP 3:

Celebrate your wins – when you hit your target, give yourself a reward that feels good (coffee date, new book, long bath – your choice)

	MON	TUES	WED	THU	FRI
WEEK 1	☐	☐	☐	☐	☐
WEEK 2	☐	☐	☐	☐	☐
WEEK 3	☐	☐	☐	☐	☐
WEEK 4	☐	☐	☐	☐	☐

Affirmation from Roselle:

*"Every box I tick is proof that I'm showing up for myself.
Consistency is my superpower."*

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WEEK 4	☐	☐	☐	☐	☐

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2AM LIVE SESSIONS

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	MON	TUES	WED	THU	FRI
WEEK 1	☐	☐	☐	☐	☐
WEEK 2	☐	☐	☐	☐	☐
WEEK 3	☐	☐	☐	☐	☐
WEEK 4	☐	☐	☐	☐	☐

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