

7AM LIVE SESSIONS

STEP 1:

Commit to your mornings – set the intention to join as many 7am sessions as you can over 3 months.

STEP 2:

Track your progress – tick a box each weekday you show up (aim for 60+ ticks by the end of the month 3!)

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	
MONTH 1	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."*

MONTH 2

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

MONTH 3

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