

Date: _____



Today, I choose
REFUEL. REFRESH. RECONNECT.



A PIT STOP FOR EVERY SOUL

10-10-10 LIFE IN TRANSIT WORKSHEET



A simple daily practice to help you dream, appreciate and take action with intention.



10 DREAMS

What do I want my life to become?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



10 GRATITUDES

What do I already have today?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



10 ACTIONS

What can I do today to move closer to my dreams?


1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TODAY'S AFFIRMATION

“

_____”

NOTES / REMINDERS

Small steps today. Big changes tomorrow.
I trust the process. I am becoming everything I prayed for. 

www.lifeintransit.co