

Thanks for participating in 21 days until 2021



21 to 21: DAY 8

Tonight, put your shoes under your bed and say THANK YOU!

GRATITUDE

The power of having an evening routine that includes a moment of reflection and gratitude reinforces your daily gratitude and appreciation mindset. Plus, it just might help you sleep better.



However, if you need a practical reason to do this, my friend and coach Angie recently reminded me it is important to have your shoes handy in case of an emergency. In the event of an emergency while you're sleeping you need to have your shoes readily accessible so you can get to them without hesitation. This will help you take prompt action and potentially avoid personal injury.

Check out successlooksgreatonyou.com

Sign-up for SIX WEEKS TO SUCCESS (1/12 - 2/16) for yourself or as an awesome gift!

SEE YOU HERE TOMORROW FOR DAY 9