

60 SECOND STATE CHANGER

ACTION SHEET

(REPEAT DAILY)



GIFT631

#WHATWINNERSDO

WRITE DOWN YOUR SMUUT GOAL

WRITE DOWN YOUR CHOSEN AFFIRMATION/ MANIFESTATION

WRITE DOWN 2/3 THINGS YOU ARE HAPPY +
GRATEFUL FOR TODAY

1.

2.

3.

WRITE DOWN SOMETHING YOU ARE PROUD OF (BIG OR
SMALL)