

Thursday

DAY 4

TASKS TO DO

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

MEALS

B

L

D

CLEAN

☐

Lounge room

DECLUTTER

☐

Your magazine collection

ORGANISE

☐

Me time

5 MINUTE TASK

☐

Clean windows of main area of house

NEW DAILY HABIT

☐

Learn to say no

Those who succeed never give up
Perseverance is key.