

# DAILY SUCCESSES

WEEK / /

**JERROD  
SMITH CO.**



ATTITUDE BEHAVIOUR RESULTS

HAVE I:

S M T W T F S

CHALLENGED MYSELF

● ● ● ● ● ● ●

FED MY BODY WELL

● ● ● ● ● ● ●

DRANK WATER

● ● ● ● ● ● ●

MOVED MY BODY

● ● ● ● ● ● ●

EXPERIENCED THE  
OUTDOORS

● ● ● ● ● ● ●

BEEN KIND

● ● ● ● ● ● ●

SUPPORTED SOMEONE

● ● ● ● ● ● ●

EXPRESSED GRATITUDE  
TO SOMEONE

● ● ● ● ● ● ●

LAUGHED

● ● ● ● ● ● ●