DAY

1

DATE _____

☐ 5 minutes of movement ☐ 5 minutes of journaling ☐ My 90-Day Promise

TODAY'S PROMPT *use it or don't*

What made you pick up this journal? Be honest. Nobody's reading this but you.

That's five minutes. It fucking counts.

DAY

2

DATE _____

☐ 5 minutes of movement ☐ 5 minutes of journaling ☐ My 90-Day Promise

TODAY'S PROMPT *use it or don't*

What does five minutes of movement look like on a normal day for you? Not an ideal day. A normal one.

That's five minutes. It fucking counts.

BE REAL

90 DAYS OF SHOWING UP

DAYS 1-30

Five minutes still counts.

1 — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**2** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**3** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**4** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**5** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise
6 — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**7** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**8** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**9** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**10** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise
11 — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**12** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**13** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**14** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**15** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise
16 — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**17** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**18** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**19** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**20** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise
21 — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**22** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**23** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**24** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**25** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise
26 — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**27** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**28** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**29** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**30** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise

MY PROMISE _____

DECLUTTER #1 _____

DONE LOOKS LIKE _____

missed a day? next box. keep going.

BE REAL

90 DAYS OF SHOWING UP

Five minutes still counts.

31 — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**32** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**33** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**34** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**35** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise
36 — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**37** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**38** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**39** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**40** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise
41 — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**42** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**43** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**44** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**45** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise
46 — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**47** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**48** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**49** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**50** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise
51 — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**52** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**53** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**54** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**55** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise
56 — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**57** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**58** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**59** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**60** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise

MY PROMISE _____

DECLUTTER #2 _____

DONE LOOKS LIKE _____

missed a day? next box. keep going.

BE REAL

90 DAYS OF SHOWING UP

Five minutes still counts.

61 — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**62** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**63** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**64** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**65** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise
66 — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**67** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**68** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**69** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**70** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise
71 — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**72** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**73** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**74** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**75** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise
76 — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**77** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**78** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**79** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**80** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise
81 — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**82** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**83** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**84** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**85** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise
86 — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**87** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**88** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**89** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise	**90** — ☐ Move 5 ☐ Journal 5 ☐ Kept promise

MY PROMISE _____

DECLUTTER #3 _____

DONE LOOKS LIKE _____

missed a day? next box. keep going.

BE REAL

90 DAYS OF SHOWING UP

Five minutes still counts.

USE ONE. IGNORE THEM. WRITE ABOUT SOMETHING ELSE.

It's your journal. There is no wrong way to use it.

- What are you making harder than it needs to be?
- What counted today that you almost didn't give yourself credit for?
- What actually went right today?
- What do you need more of right now? What do you need less of?
- What are you avoiding? No judgment. Just name it.
- What does enough look like today?
- What promise would feel good to keep tomorrow?
- What are you doing because you want to, and what are you doing because you think you should?
- What are you proud of that nobody else even knows about?
- What's taking up way too much room in your head?
- What made today feel lighter?
- Where are you moving the finish line on yourself?
- What would five minutes look like on a hard day?
- What are you craving more than the thing you think you're craving?
- What's one thing you can stop negotiating with yourself about?
- What do you keep telling yourself you should have figured out by now?
- What small thing makes your day better every time?
- What are you saying yes to that you actually want to say no to?
- What would make tomorrow ten percent easier?
- Where did you show up differently than the old version of you would have?
- What are you overthinking right now?
- What do you want to remember about this season of your life?
- What are you allowed to do imperfectly?
- What are you ready to clear out, physically or mentally?
- Brain dump. No structure. No fixing it. Just get it out.

STUCK?

Write "I don't know what to write" and keep your pen moving.

That counts too.