

## I am COMMITTED to having a **POSITIVE MENTAL ATTITUDE.**

## So I'm taking a Mental B.A.T.H. every day!



B = Get 1 new BOOKING every day. You may Book ahead. If you get 2 Bookings you may cross off 2 days, 3 days, etc.

- A = Saying and writing your positive affirmation every day.
- T = Training Go to marykayintouch.com > education. Complete a little bit each day.

H = Hello - Give your Director a Voxer update on your MK progress.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Booking						
Affirmations						
Training						
Hello						
Booking						
Affirmations						
Training						
Hello						
Booking						
Affirmations						
Training						
Hello						
Booking						
Affirmations						
Training						
Hello						