



BLISS THERAPY.ME
305 922 3436

1, 2, 3
METHOD

GOAL OF THE DAY



1 _____

TASKS OF THE DAY



2 _____

"I" STATEMENTS

3

I AM _____

I DID _____

I WILL _____





BLISS THERAPY.ME
305.922.3436

**15715 S. DIXIE HWY, SUITE 325
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