



My Belief + Seed Week

Grow your own luck, one small action at a time

Each morning, write one **belief** you want to hold, then one small **seed** you can actually plant that day. Something specific you can do before tonight. Check it off when it is planted. Belief plus seed is the full version of lucky girl syndrome.

DAY	MY BELIEF FOR TODAY	MY SEED (ONE SMALL ACTION)	PLANTED
Monday ____/____	I BELIEVE... -----	TODAY I WILL... -----	☐ done
Tuesday ____/____	I BELIEVE... -----	TODAY I WILL... -----	☐ done
Wednesday ____/____	I BELIEVE... -----	TODAY I WILL... -----	☐ done
Thursday ____/____	I BELIEVE... -----	TODAY I WILL... -----	☐ done
Friday ____/____	I BELIEVE... -----	TODAY I WILL... -----	☐ done
Saturday ____/____	I BELIEVE... -----	TODAY I WILL... -----	☐ done
Sunday ____/____	I BELIEVE... -----	TODAY I WILL... -----	☐ done