

Chapter 3 – Micro-Habit Mastery

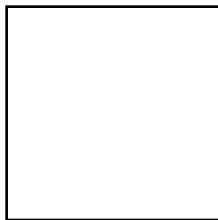
3-Icon Daily Tracker:

Use this daily tracker to check in with your core needs: Fuel, Move, and Rest.

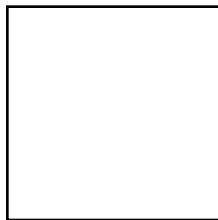
Each day, place a sticker, draw an emoji, or check off the icons as you:

- ✓ Nourish your body (Fuel)
- ✓ Move your body with joy (Move)
- ✓ Rest or reset intentionally (Rest)

Track consistently and reward yourself with self-love stickers or affirmations!



Fuel



Move



Rest