

Daily Action Tracker

BENNY
BUTTON

STRESS MASTERY

S _____
T _____
ST _____

MINDFUL ACTION

S _____
T _____
ST _____

WORK

S _____
T _____
ST _____

CONNECT

S _____
T _____
ST _____

NOURISH

S _____
T _____
ST _____

REST

S _____
T _____
ST _____

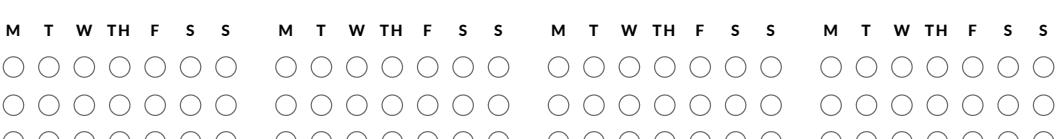
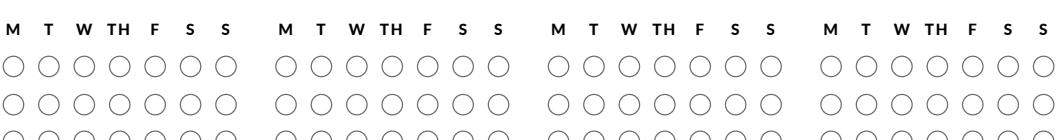
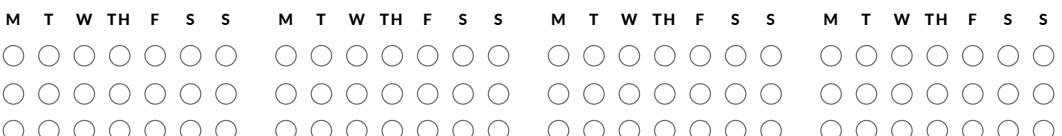
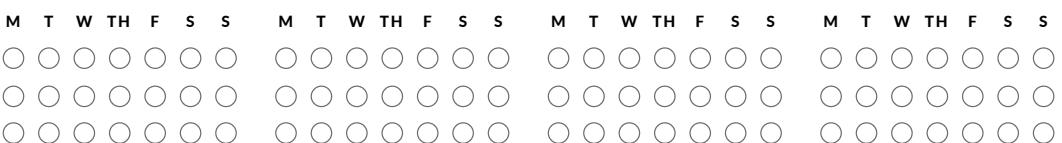
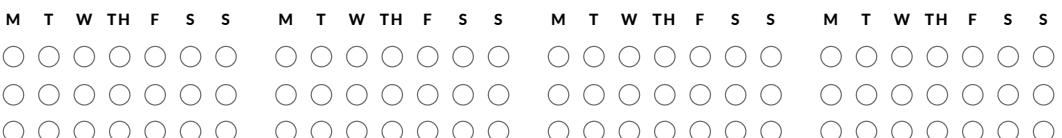
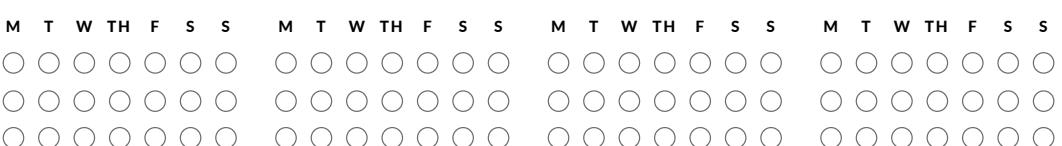
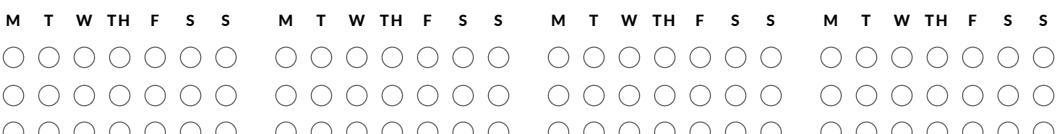
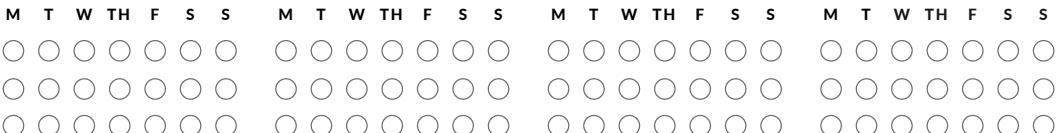
MOVE

S _____
T _____
ST _____

GROW

S _____
T _____
ST _____

S Simple T Target ST Stretch



Need some tips/action suggestions, visit -
www.bennybutton.com/8factors