

THE BOOKEND EFFECT



QUICK START



PLACE THE BEDSIDE GUIDE

Keep it where you'll see it when you wake up and before you go to sleep.



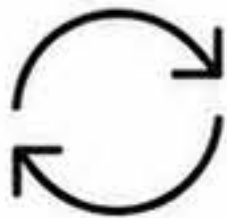
SET AN INTENTION

Choose a simple focus for the day each morning.



REFLECT EACH EVENING

Take a moment to review, learn, and let go.



USE THE WALLPAPERS

Reconnect with your intention whenever you remember.



FOCUS ON PROGRESS

Not perfection.

Some days you'll forget. That's normal.
In the beginning, even remembering that you forgot is progress.

*Motivation is only the invitation.
Repetition creates change.*