



# Day 5 [Friday]

## Urban Elephant Retreat **+Plus**

***I have just completed my morning meditation.  
Here is what I will do first thing today:***

My Three Momentum Activators:

1

2

3



***I am ready to go to sleep now.  
Here is What My Day Was Like:***

The Things I That I Have Done Right:



The Things That I Could Have Done Better:

My Momentum Feels:

