

Koco's Journal



Start-up Sunday

Let's start the week off with a plan. It is always to prepare yourself on the things that you know is coming.



Meditation Monday

Mondays can be stressful, first day back to work. Start of relaxing. Maybe bubble bath or sleeping in early?

Tough Tuesday

This day may seem long as it's nowhere near the weekend but try to push yourself. Try get as much work as you can.

Willing Wednesday

Try something new, this can be cooking a new dish or trying a new workout/activity. Show me what you can learn.

Take a break Thursday

It's Koco Time! Take a break from everything, this can also be social media. Put yourself first. Don't forget your Hot Coco.

Freedom Friday

Explore the nature. Weekend is just by the corner. Just take a step outside to breathe in some fresh air.

Successful Saturday

Look at back at the good things and even the small successes are special.