

# Tools for Success

**Tools for Success** *plural noun* – Anything used as a means of accomplishing a task or purpose.

- Water bottle that holds at least 25 oz
- 1 package of dates (Medjool are large and tasty!)
- 2 3x5 cards (capture your affirmations)
- Notebook (record your journey)
- Herbal tea (peppermint, chamomile, rooibos, green tea, black tea)
- Coffee (if you are a coffee drinker – one cup a day)
- Sparkling water (no sugar, BUT not sugar-free! Sugar-free drinks are usually sweetened with dangerous substitutes), some acceptable ideas include Perrier, La Croix, and Club Soda
- An awesome attitude!