

- ☐ Morning Prayer
- ☐ 32 oz water
- ☐ 32 oz water
- ☐ 32 oz water
- ☐ Gratitude
- ☐ Gratitude
- ☐ Gratitude
- ☐ Journal before bed
- ☐ Night Prayer
- ☐ Find Sacred Art
- ☐ Rosary