## AUGUST 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 Do morning routine Be present Do thing you love Spend time w/ self Do list	2 Do morning routine Be present Do thing you love Spend time w/ self Do list
3  Do morning routine Be present Do thing you love Spend time w/ self Do list	4  Do morning routine Be present Do thing you love Spend time w/ self Do list	5 Do morning routine Be present Do thing you love Spend time w/ self Do list	6 Do morning routine Be present Do thing you love Spend time w/ self Do list	7 Do morning routine Be present Do thing you love Spend time w/ self Do list	8  Do morning routine Be present Do thing you love Spend time w/ self Do list	9 Do morning routine Be present Do thing you love Spend time w/ self Do list
10 ☐ Do morning routine ☐ Be present ☐ Do thing you love ☐ Spend time w/ self ☐ Do list	11 ☐ Do morning routine ☐ Be present ☐ Do thing you love ☐ Spend time w/ self ☐ Do list	12  ☐ Do morning routine ☐ Be present ☐ Do thing you love ☐ Spend time w/ self ☐ Do list	13 ☐ Do morning routine ☐ Be present ☐ Do thing you love ☐ Spend time w/ self ☐ Do list	14  ☐ Do morning routine ☐ Be present ☐ Do thing you love ☐ Spend time w/ self ☐ Do list	15 ☐ Do morning routine ☐ Be present ☐ Do thing you love ☐ Spend time w/ self ☐ Do list	16  ☐ Do morning routine ☐ Be present ☐ Do thing you love ☐ Spend time w/ self ☐ Do list
17 ☐ Do morning routine ☐ Be present ☐ Do thing you love ☐ Spend time w/ self ☐ Do list	18  Do morning routine Be present Do thing you love Spend time w/ self Do list	19 ☐ Do morning routine ☐ Be present ☐ Do thing you love ☐ Spend time w/ self ☐ Do list	20 Do morning routine Be present Do thing you love Spend time w/ self Do list	21  Do morning routine Be present Do thing you love Spend time w/ self Do list	22  Do morning routine Be present Do thing you love Spend time w/ self Do list	23  Do morning routine Be present Do thing you love Spend time w/ self Do list
24 Do morning routine Be present Do thing you love Spend time w/ self Do list	25  Do morning routine Be present Do thing you love Spend time w/ self Do list	☐ Be present☐ Do thing you love	27  Do morning routine Be present Do thing you love Spend time w/ self Do list	28  Do morning routine Be present Do thing you love Spend time w/ self Do list	29 Do morning routine Be present Do thing you love Spend time w/ self Do list	☐ Be present ☐ Do thing you love
31 Do morning routine Be present Do thing you love Spend time w/ self Do list						