MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
Do morning routine						
☐ Be present	Be present	☐ Be present	☐ Be present	☐ Be present	☐ Be present	☐ Be present
☐ Do thing you love	Do thing you love	☐ Do thing you love	☐ Do thing you love	Do thing you love	Do thing you love	Do thing you love
☐ Spend time w/ self	Spend time w/ self	Spend time w/ self	☐ Spend time w/ self			
☐ Do list						
8	9	10	11	12	13	14
Do morning routine	☐ Do morning routine	Do morning routine	Do morning routine	Do morning routine	Do morning routine	☐ Do morning routine
☐ Be present						
Do thing you love	☐ Do thing you love					
☐ Spend time w/ self	Spend time w/ self	Spend time w/ self	Spend time w/ self			
☐ Do list						
15	16	17	18	19	20	21
Do morning routine						
☐ Be present	☐ Be present	☐ Be present	Be present	Be present	Be present	☐ Be present
☐ Do thing you love	Do thing you love	☐ Do thing you love	☐ Do thing you love	Do thing you love	Do thing you love	Do thing you love
☐ Spend time w/ self	Spend time w/ self	Spend time w/ self	Spend time w/ self			
☐ Do list						
22	23	24	25	26	27	28
Do morning routine	☐ Do morning routine	Do morning routine	Do morning routine	Do morning routine	Do morning routine	☐ Do morning routine
☐ Be present						
Do thing you love	☐ Do thing you love					
☐ Spend time w/ self						
☐ Do list						