JANUARY 2021

SATURDAY

SUNDAY

TUESDAY WEDNESDAY THURSDAY FRIDAY

MONDAY

				1	2	3
4 □ □ Do morning routine □ Be present □ Do thing you love □ Spend time w/ self □ Do list	5	6	7	8	9	 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	13	14	15	16	17
18 □ □ Do morning routine □ Be present □ Do thing you love □ Spend time w/ self □ Do list	19	20	21	22	23	24
25 □ Do morning routine Be present Do thing you love Spend time w/ self Do list	26 □ □ Do morning routine □ Be present □ Do thing you love □ Spend time w/ self □ Do list	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	30	31 □ Do morning routine Be present Do thing you love Spend time w/ self Do list