## SEPTEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	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	☐ Do thing you love☐ Spend time w/ self	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	☐ Do thing you love☐ Spend time w/ self	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	☐ Do thing you love☐ Spend time w/ self	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	Spend time w/ self	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  ☐ Do morning routine ☐ Be present ☐ Do thing you love ☐ Spend time w/ self ☐ Do list				