SEPTEMBER 2020

			The state of the s			
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	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				