JANUARY 2021

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

				1	2	3
4	5	6	7	8	9 □ Do morning routine Be present Do thing you love Spend time w/ self Do list	10
11 □ □ Do morning routine □ Be present □ Do thing you love □ Spend time w/ self □ Do list	12	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	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	20	21	22	23	24
25 □ Do morning routine Be present Do thing you love Spend time w/ self Do list	26	27	28 □ □ Do morning routine □ Be present □ Do thing you love □ Spend time w/ self □ Do list	29	30 □ Do morning routine Be present Do thing you love Spend time w/ self Do list	31 □ Do morning routine Be present Do thing you love Spend time w/ self Do list