	***			**		
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	4	5	6
7	8	9	10	11	12	13 □ □ Do morning routine □ Be present □ Do thing you love □ Spend time w/ self □ Do list
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			