## **MONDAY TUESDAY** WEDNESDAY **THURSDAY FRIDAY SATURDAY SUNDAY** Do morning routine ☐ Do morning routine ☐ Do morning routine Do morning routine Do morning routine Do morning routine ☐ Be present ☐ Be present Be present Be present Be present Be present Do thing you love Do thing you love Do thing you love ☐ Do thing you love Do thing you love Do thing you love $\square$ Spend time w/ self $\square$ Spend time w/ self ☐ Spend time w/ self □ Do list $\prod$ Do list □ Do list ☐ Do list Do list $\prod$ Do list

Do morning routine

11

Do morning routine

**12** 

Do morning routine

13

Do morning routine

10

Do morning routine

Do morning routine \square Do morning routine

Be present ☐ Be present Be present ☐ Be present Be present Be present ☐ Be present Do thing you love Spend time w/ self ☐ Spend time w/ self  $\prod$  Do list ☐ Do list  $\prod$  Do list ☐ Do list  $\prod$  Do list  $\prod$  Do list ☐ Do list 14 15 **16 17** 18 19 20 Do morning routine Do morning routine Do morning routine ☐ Do morning routine Do morning routine Do morning routine Do morning routine Be present ☐ Do thing you love Spend time w/ self ☐ Spend time w/ self ☐ Spend time w/ self ☐ Spend time w/ self Spend time w/ self ☐ Spend time w/ self ☐ Spend time w/ self  $\prod$  Do list  $\square$  Do list □ Do list ☐ Do list  $\prod$  Do list  $\prod$  Do list ☐ Do list **22** 21 23 24 25 26 **27** Do morning routine Do morning routine Do morning routine ☐ Do morning routine Do morning routine Do morning routine Do morning routine Be present Be present Be present Be present ☐ Be present ☐ Be present Be present Do thing you love ☐ Spend time w/ self Spend time w/ self ☐ Spend time w/ self □ Do list ☐ Do list □ Do list ☐ Do list  $\prod$  Do list  $\prod$  Do list ☐ Do list 28 29 30 Do morning routine Do morning routine Do morning routine Be present ☐ Be present Be present Do thing you love Do thing you love Do thing you love ☐ Spend time w/ self ☐ Spend time w/ self ☐ Spend time w/ self ☐ Do list  $\prod$  Do list  $\prod$  Do list