| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|----------|--|
| | | | | 1 | 2 | 3 □ Do morning routine Be present Do thing you love Spend time w/ self Do list |
| 4 | 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 | 8 | 9 | 10 □ □ Do morning routine □ Be present □ Do thing you love □ Spend time w/ self □ Do list |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 □ Do morning routine Be present Do thing you love Spend time w/ self Do list | 20 | 21 | 22 □ □ Do morning routine □ Be present □ Do thing you love □ Spend time w/ self □ Do list | 23 | 24 |
| 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 | 31 □ □ Do morning routine □ Be present □ Do thing you love □ Spend time w/ self □ Do list |