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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 □ □ Do morning routine □ Be present □ Do thing you love □ Spend time w/ self □ Do list	13	14 □ □ Do morning routine □ Be present □ Do thing you love □ Spend time w/ self □ Do list	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
19	20	21	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	27	28	29	30	31	