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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     □ Do morning routine     □ Be present     □ Do thing you love     □ Spend time w/ self     □ Do list	5	6     □ Do morning routine     □ Be present     □ Do thing you love     □ Spend time w/ self     □ Do list
7  Do morning routine Be present Do thing you love Spend time w/ self Do list	8     Do morning routine     Be present     Do thing you love     Spend time w/ self     Do list	9 Do morning routine Be present Do thing you love Spend time w/ self Do list	10     □ Do morning routine     □ Be present     □ Do thing you love     □ Spend time w/ self     □ Do list	11     □ Do morning routine     □ Be present     □ Do thing you love     □ Spend time w/ self     □ Do list	12     □ Do morning routine     □ Be present     □ Do thing you love     □ Spend time w/ self     □ Do list	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  ☐ 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     □ Do morning routine     □ Be present     □ Do thing you love     □ Spend time w/ self     □ Do list	19 Do morning routine Be present Do thing you love Spend time w/ self Do list	20  ☐ Do morning routine ☐ Be present ☐ Do thing you love ☐ Spend time w/ self ☐ Do list
21  Do morning routine Be present Do thing you love Spend time w/ self Do list	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  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  ☐ Do morning routine ☐ Be present ☐ Do thing you love ☐ Spend time w/ self ☐ Do list				