MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 Do morning routine Be present Do thing you love Spend time w/ self Do list	2
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 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 □ 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
31 Do morning routine Be present Do thing you love Spend time w/ self Do list						