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 □  □ Do morning routine □ Be present □ Do thing you love □ Spend time w/ self □ Do list	6	7	8
9	10	11	12	13	14	15
16	17 □ □ Do morning routine □ Be present □ Do thing you love □ Spend time w/ self □ Do list	18	19	20	21	22
23	24	25	26	27	28	29
30						