

	☐ Be present ☐ Do thing you love ☐ Spend time w/ self ☐ Do list	☐ Be present ☐ Do thing you love ☐ Spend time w/ self ☐ Do list	☐ Be present ☐ Do thing you love ☐ Spend time w/ self ☐ Do list	☐ Be present ☐ Do thing you love ☐ Spend time w/ self ☐ Do list	☐ Be present ☐ Do thing you love ☐ Spend time w/ self ☐ Do list	☐ 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
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	29 ☐ Do morning routine ☐ Be present	30 ☐ Do morning routine ☐ Be present				

☐ Do thing you love

☐ Spend time w/ self

Do list

Do thing you love

☐ Spend time w/ self

Do list

Do thing you love

☐ Spend time w/ self

Do list