### Health

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Reward
	AM, Noon, & PM: Close your eyes, picture presence image, and take 3 slow, deep breaths Stay hydrated	<u>AM, Noon, &amp;</u> PM: Close your eyes, picture presence image, and take 3 slow, deep breaths Stay hydrated	AM, Noon, & PM: Close your eyes, picture presence image, and take 3 slow, deep breaths Stay hydrated	<u>AM, Noon, &amp;</u> PM: Close your eyes, picture presence image, and take 3 slow, deep breaths Stay hydrated	AM, Noon, & PM: Close your eyes, picture presence image, and take 3 slow, deep breaths Stay hydrated	<u>AM, Noon, &amp;</u> PM: Close your eyes, picture presence image, and take 3 slow, deep breaths Stay hydrated	AM, Noon, & PM: Close your eyes, picture presence image, and take 3 slow, deep breaths Stay hydrated	ــــــ
W e	Presence activity/stress release activity	Presence activity/stress release activity	Presence activity/stress release activity	Presence activity/stress release activity	Presence activity/stress release activity	Presence activity/stress release activity	Presence activity/stress release activity	
e k	Gratitude journal To sleep at bedtime 	Gratitude journal To sleep at bedtime 	Gratitude journal To sleep at bedtime 	Gratitude journal To sleep at bedtime 	Gratitude journal To sleep at bedtime 	Gratitude journal To sleep at bedtime 	Gratitude journal To sleep at bedtime 	
1	Healthy food swap							
	for the week: *Healthy recipe to try this week:							
W e k 2	<u>AM, Noon, &amp;</u> PM: Close your eyes, picture presence image, and take 3 slow, deep breaths	<b>AM, Noon, &amp;</b> <b>PM:</b> Close your eyes, picture presence image, and take 3 slow, deep breaths	<u>AM, Noon, &amp;</u> PM: Close your eyes, picture presence image, and take 3 slow, deep breaths	<u>AM, Noon, &amp;</u> PM: Close your eyes, picture presence image, and take 3 slow, deep breaths	<u>AM, Noon, &amp;</u> PM: Close your eyes, picture presence image, and take 3 slow, deep breaths	<u>AM, Noon, &amp;</u> PM: Close your eyes, picture presence image, and take 3 slow, deep breaths	AM, Noon, & PM: Close your eyes, picture presence image, and take 3 slow, deep breaths	
	Stay hydrated Presence activity/stress release activity	Stay hydrated Presence activity/stress release activity	Stay hydrated Presence activity/stress release activity	Stay hydrated Presence activity/stress release activity	Stay hydrated Presence activity/stress release activity	Stay hydrated Presence activity/stress release activity	Stay hydrated Presence activity/stress release activity	۲ 
	Gratitude journal To sleep at bedtime	Gratitude journal To sleep at bedtime	Gratitude journal To sleep at bedtime	Gratitude journal To sleep at bedtime	Gratitude journal To sleep at bedtime	Gratitude journal To sleep at bedtime	Gratitude journal To sleep at bedtime	
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#### Schedule in...

- Your giving activity
- Your random act of kindness
- Your spiritual practice
- Your forgiveness check (Do you need to forgive yourself or anyone else?)
- Your cardio, strength, and stretching/flexibility exercises for each week
- Any stressors or "hang ups" to be addressed

# Pick at least 1 step toward your target for each element & schedule...

Spirit:\_\_\_\_

Health:\_\_\_\_

\_\_\_\_

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#### Daily Spirit Reminders...

- Focus on the positiveExpress gratitude
- Shift your perspective on obligations as an opportunity to • give

### Daily Health Reminders...

- Eat real, unprocessed foodFinish eating 3 to 4 hours before bed
- Go 12 to 14 hours between last and first meal