

Health

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Reward	
Week 1	<p>__ AM, Noon, & PM: Close your eyes, picture presence image, and take 3 slow, deep breaths</p> <p>__ Stay hydrated</p> <p>__ Presence activity/stress release activity</p> <p>__ Gratitude journal</p> <p>__ To sleep at bedtime</p>	<p>__ AM, Noon, & PM: Close your eyes, picture presence image, and take 3 slow, deep breaths</p> <p>__ Stay hydrated</p> <p>__ Presence activity/stress release activity</p> <p>__ Gratitude journal</p> <p>__ To sleep at bedtime</p>	<p>__ AM, Noon, & PM: Close your eyes, picture presence image, and take 3 slow, deep breaths</p> <p>__ Stay hydrated</p> <p>__ Presence activity/stress release activity</p> <p>__ Gratitude journal</p> <p>__ To sleep at bedtime</p>	<p>__ AM, Noon, & PM: Close your eyes, picture presence image, and take 3 slow, deep breaths</p> <p>__ Stay hydrated</p> <p>__ Presence activity/stress release activity</p> <p>__ Gratitude journal</p> <p>__ To sleep at bedtime</p>	<p>__ AM, Noon, & PM: Close your eyes, picture presence image, and take 3 slow, deep breaths</p> <p>__ Stay hydrated</p> <p>__ Presence activity/stress release activity</p> <p>__ Gratitude journal</p> <p>__ To sleep at bedtime</p>	<p>__ AM, Noon, & PM: Close your eyes, picture presence image, and take 3 slow, deep breaths</p> <p>__ Stay hydrated</p> <p>__ Presence activity/stress release activity</p> <p>__ Gratitude journal</p> <p>__ To sleep at bedtime</p>	<p>__ AM, Noon, & PM: Close your eyes, picture presence image, and take 3 slow, deep breaths</p> <p>__ Stay hydrated</p> <p>__ Presence activity/stress release activity</p> <p>__ Gratitude journal</p> <p>__ To sleep at bedtime</p>	<p>__ AM, Noon, & PM: Close your eyes, picture presence image, and take 3 slow, deep breaths</p> <p>__ Stay hydrated</p> <p>__ Presence activity/stress release activity</p> <p>__ Gratitude journal</p> <p>__ To sleep at bedtime</p>	
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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 positive
 - Express gratitude
 - Shift your perspective on obligations as an opportunity to give

- Daily Health Reminders...
- Eat real, unprocessed food
 - Finish eating 3 to 4 hours before bed
 - Go 12 to 14 hours between last and first meal