

# Organization

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Reward
W e e k  1	<p>__ AM, Noon, &amp; 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, &amp; 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, &amp; 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, &amp; 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, &amp; 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, &amp; 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, &amp; 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 spiritual practice
- Your random act of kindness
- 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
- Passion/hobby
- Steps to organize your spaces, obligations, schedule, and money

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

Spirit: \_\_\_\_\_

Health: \_\_\_\_\_

Presentation: \_\_\_\_\_

Joy: \_\_\_\_\_

Organization: \_\_\_\_\_

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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

**Daily Presentation Reminders...**

- Keep up with grooming practices
- Stance check-ins

**Daily Joy Reminders...**

- Focus on the good and sprinkle joy throughout each day
- Nurture positive relationships
- Express love and appreciation

**Daily Organization Reminders...**

- Set aside time each day to keep organized and clean

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