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 Presence activity/stress release activity/ Gratitude journal To sleep at bedtime 	AM, Noon, & PM: Close your eyes, picture presence image, and take 3 slow, deep breaths Stay hydrated Presence activity/stress release activity Gratitude journal To sleep at bedtime	AM, Noon, & PM: Close your eyes, picture presence image, and take 3 slow, deep breaths Stay hydrated Presence activity/stress release activity/stress release activity Gratitude journal To sleep at bedtime 	AM, Noon, & PM: Close your eyes, picture presence image, and take 3 slow, deep breaths Stay hydrated Presence activity/stress release activity/stress release activity Gratitude journal To sleep at bedtime 	AM, Noon, & PM: Close your eyes, picture presence image, and take 3 slow, deep breaths Stay hydrated Presence activity/stress release activity/stress release activity Gratitude journal To sleep at bedtime 	AM, Noon, & PM: Close your eyes, picture presence image, and take 3 slow, deep breaths Stay hydrated Presence activity/stress release activity Gratitude journal To sleep at bedtime 	AM, Noon, & PM: Close your eyes, picture presence image, and take 3 slow, deep breaths Stay hydrated Presence activity/stress release activity Gratitude journal To sleep at bedtime 	۲۵۰۰۰۰۰۰۰۰۰۰۰۰۰۰۰۰۰۰۰۰۰۰۰۰۰۰۰۰۰۰۰۰۰۰۰۰
*Healthy food swap for the week: *Healthy recipe to try this week:							
<ul> <li>AM, Noon, &amp; PM: Close your eyes, picture presence image, and take 3 slow, deep breaths</li> <li>Stay hydrated</li> <li>Presence activity/stress release activity</li> <li>Gratitude journal</li> <li>To sleep at bedtime</li> <li>Healthy food swap for the week:</li> <li>*Healthy recipe to try this week:</li> </ul>	AM, Noon, & PM: Close your eyes, picture presence image, and take 3 slow, deep breaths Stay hydrated Presence activity/stress release activity Gratitude journal To sleep at bedtime	AM, Noon, & PM: Close your eyes, picture presence image, and take 3 slow, deep breaths Stay hydrated Presence activity/stress release activity Gratitude journal To sleep at bedtime	AM, Noon, & PM: Close your eyes, picture presence image, and take 3 slow, deep breaths Stay hydrated Presence activity/stress release activity Gratitude journal To sleep at bedtime	AM, Noon, & PM: Close your eyes, picture presence image, and take 3 slow, deep breaths Stay hydrated Presence activity/stress release activity Gratitude journal To sleep at bedtime 	AM, Noon, & PM: Close your eyes, picture presence image, and take 3 slow, deep breaths Stay hydrated Presence activity/stress release activity Gratitude journal To sleep at bedtime 	AM, Noon, & PM: Close your eyes, picture presence image, and take 3 slow, deep breaths Stay hydrated Presence activity/stress release activity/stress release activity Gratitude journal To sleep at bedtime 	÷
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### Schedule in...

• Passion/hobby

spaces, obligations,

schedule, and money

- Your giving activity
- Your spiritual practice Steps to organize your
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- (Do you need to forgive yourself or anyone else?)
- Your cardio, strength, and stretching/flexibility exercises for each week
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# Pick at least 1 step toward your target for each element & schedule...

\_\_\_\_\_

Spirit:\_\_\_

Health:

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

Joy:\_\_\_

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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
- Express love and appreciation

### Daily Organization Reminders...

• Set aside time each day to keep organized and clean

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try this week:	$\rightarrow$	<b>&gt;&gt;&gt;</b>	$\longrightarrow$	<del>}}}</del>	$\longrightarrow$	<b>&gt;&gt;&gt;</b>	$\longrightarrow$

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To sleep at bedtime	Presence activity/stress release	Presence activity/stress release	Presence activity/stress release	Presence activity/stress release	Presence activity/stress release	Presence activity/stress release	Presence activity/stress release	·
for the week:	To sleep at	To sleep at	To sleep at	To sleep at	To sleep at	To sleep at	To sleep at	
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- Gratitude journal       - Gratitude journal<	Stay hydrated Presence activity/stress release	Stay hydrated Presence activity/stress release	Stay hydrated Presence activity/stress release	Stay hydrated Presence activity/stress release	Stay hydrated Presence activity/stress release	Stay hydrated Presence activity/stress release	Stay hydrated Presence activity/stress release	<u>۳</u>
for the week:	Gratitude journal To sleep at	Gratitude journal To sleep at	Gratitude journal To sleep at	Gratitude journal To sleep at	Gratitude journal To sleep at	Gratitude journal To sleep at	Gratitude journal To sleep at	
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