Presentation

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Reward |
|------------------|---|---|---|---|---|---|---|-------------------|
| W e k 1 | 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 Gratitude journal To sleep at bedtime | AM, Noon, & | ÷÷ |
| | for the week: *Healthy recipe to try this week: AM, Noon, & PM: Close your eyes, | AM, Noon, & PM: Close your eyes, | AM, Noon, & PM: Close your eyes, | AM, Noon, & PM: Close your eyes, | AM, Noon, & PM: Close your eyes, | AM, Noon, & PM: Close vour eves, | AM, Noon, & PM: Close your eyes, | |
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| 2 | Healthy food swap for the week: | | | | | | | |
| | *Healthy recipe to try this week: | \longrightarrow | }}} | \longrightarrow | }}} | \longrightarrow | }}} | \longrightarrow |

Schedule in...

• Hair inspiration/

• Time to clean out

• Makeup inspiration/

bathroom products

execution (if applicable)

execution

recycle

- Your giving activity • Your random act of
- kindness
- Your spiritual practice ٠
- ٠ Your forgiveness check (Do you need to forgive yourself or anyone else?) • Clothes assessment
- ٠ Your cardio, strength, and • Time to take items to stretching/flexibility exercises donate and throw out/ for each week
- Any stressors or "hang ups" Time to organize clothes ٠ to be addressed

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

Spirit:___

Health:

Presentation:_____

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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
- ٠ 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 practicesStance check-ins