



# Presentation

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Reward	
Week 3	<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>	<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></p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p>
	<p><i>*Healthy food swap for the week:</i></p> <p><i>*Healthy recipe to try this week:</i></p>								
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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