

Your Future

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Reward	
Week 3	<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>	
	<p>*Healthy food swap for the week:</p> <p>*Healthy recipe to try this week:</p>								
Week 4	<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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Daily Spirit Reminders...

- Focus on the positive
- Express gratitude
- Shift your perspective on obligations as an opportunity to give

Daily Presentation Reminders...

- Keep up with grooming practices
- Stance check-ins

Daily Organization Reminders...

- Set aside time each day to keep organized and clean

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 Joy Reminders...

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

Daily Future Reminders...

- Your future is only limited to what you can dream of and are willing to work toward
- You can make your grandest dreams come true