Joy

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	*Reward*
Week 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 __ _____ _____ *Healthy food swap for the week: *Healthy recipe to try this week:	__ 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 __ _____ _____ __ _____ _____	_____ _____ _____ _____ _____
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Schedule in…

- Your giving activity
- Your random act of kindness
- Your spiritual practice
- 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
- Evaluate and plan steps to improve your spaces
- Evaluate and plan steps to create, improve, or end relationships

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

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