

Health

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Reward	
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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

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

Spirit: _____

Health: _____

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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