

Presentation

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Reward	
W e e k 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>---</p> <p>---</p> <p>---</p> <p>---</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>---</p> <p>---</p> <p>---</p> <p>---</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>---</p> <p>---</p> <p>---</p> <p>---</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>---</p> <p>---</p> <p>---</p> <p>---</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>---</p> <p>---</p> <p>---</p> <p>---</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>---</p> <p>---</p> <p>---</p> <p>---</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>---</p> <p>---</p> <p>---</p> <p>---</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>---</p> <p>---</p> <p>---</p> <p>---</p>	<p></p> <p>-----</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>								
W e e k 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>---</p> <p>---</p> <p>---</p> <p>---</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>---</p> <p>---</p> <p>---</p> <p>---</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>---</p> <p>---</p> <p>---</p> <p>---</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>---</p> <p>---</p> <p>---</p> <p>---</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>---</p> <p>---</p> <p>---</p> <p>---</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>---</p> <p>---</p> <p>---</p> <p>---</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>---</p> <p>---</p> <p>---</p> <p>---</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>---</p> <p>---</p> <p>---</p> <p>---</p>	<p></p> <p>-----</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>								
	→	→	→	→	→	→	→	→	

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