

● 今日 \_\_\_\_\_

寝る \_\_\_\_\_ ~ \_\_\_\_\_ 時間: alarm? Y N

5 Write dreams       5 Write gratitude

5 瞑想分間:       5 Kiss Babychan

2 Brush teeth       3 Wash Face

5 Appreciate outside       5 Thank EPP

Eat start:      stop:      Hours:      (11-n)<sup>2</sup>

今日  
必要  
の三  
台

10

10

10

5 ACiM lesson day # \_\_\_\_\_:

Affirmations:      AM      noon      PM

I am safe  
I love myself  
I accept myself  
I love expressing myself  
People are interested in what I have to say  
I accept my own journey  
It's safe to express who I am  
My heart is connected to my abundance  
I have plenty of work I love  
I trust the world  
I trust guidance  
I smile freely

cool synchronicities and things happened today:

Things to make today even better:

Grateful for:

★  Liters of water      - snacks:      円 /10

10 Drink tea at night with Babychan

Minutes no screen after 10pm / 5

Minutes sleeping before 11pm / 5

5 Check-in online

Shower      Y      N      Wash Face      Y      N

Floss teeth      Y      N      Brush teeth      Y      N

Kiss Babychan      Y      N      ニャウニャウ

