

● 今日 _____

寝る ____ ~ ____ 時間: alarm? Y N

できた? todo: 自由, 愛, create, 勉強

5 瞑想分間: 1 Kiss Babychan

2 Brush teeth 2 Wash Face

Eat start: stop: Hours: (16-n)²

5 Write dreams

5 Write gratitude

5 Appreciate outside

5 Thank EPP

5 Check-in online

10 Drink tea at night with Babychan

★ Minutes no screen after 10pm / 5

Minutes sleeping before 11pm / 5

Liters of water Conveni snacks: 円

Grateful for:

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:

Shower	Y	N	Wash Face	Y	N
Floss teeth	Y	N	Brush teeth	Y	N
Kiss Babychan	Y	N	Snog	ニャウニャウ	

