

● 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: (11-n)<sup>2</sup>

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

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:

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

