



Main projects

今日 _____ ()

寝る ____ ~ ____ 時間: alarm? Y N

瞑想分間: Start Eating:

Kiss Babychan Y N

Brush teeth Y N

Wash Face Y N

できた?

Today I plan to

ACiM lesson day # _____:

Affirmation:

Liters of water Conveni snacks: 円

Consumed (food / media / beverages / sugar)

Grateful for:



cool synchronicities and things happened today:

Things to make today even better:

Cards handed out:

Flyers handed out:

Passionate descriptions:

Smiles:

Stop eating: Hours eating:

Exercise minutes: 何

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

