



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

ACiM lesson day # _____:

できた?

Today I plan to

Affirmations:

I am safe

I love myself

I accept myself

I love expressing myself

I have enough resources

I accept my own journey

It's safe to express who I am

I trust I am doing good for myself and others

Grateful for:

Liters of water Conveni snacks: 円

Consumed (food / media / beverages / sugar)



cool synchronicities and things happened today:

Things to make today even better:

Cards handed out:

Stop eating: Hours eating:

Flyers handed out:

Exercise minutes: 何

Passionate descriptions:

Shower Y N Wash Face Y N

Smiles:

Floss teeth Y N Brush teeth Y N

Kiss Babychan Y N Snog ニャウニャウ

