



Main projects

できた? todo: 自由, 愛, create, 勉強

update focus and habits

Grateful for:



cool synchronicities and things happened today:

Cards handed out:

Flyers handed out:

Passionate descriptions:

Smiles:

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 # _____:

Affirmations: AM noon PM

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

Liters of water Conveni snacks: 円

Consumed (food / media / beverages / sugar)

Things to make today even better:

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

