

● 今日 _____

寝る ____ ~ ____ 時間: alarm? Y N

できた? todo: 自由, 愛, create, 勉強

瞑想分間: Kiss Babychan

Brush teeth Wash Face

Start Eating:

update focus and habits

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

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

