

今日 _____ ()



Main projects	Hours slept: Exercise minutes: 何 Eat something: 何 Brush teeth Kiss Babychan Meditation minutes: Wash Face
Today I plan to	できた?
Affirmation:	



Grateful for:	Consumed (food / media / beverages / sugar) Conveni snacks: 円 Liters of water
cool synchronicities and things happened today:	Things to make today even better:
Cards handed out: Flyers handed out: Passionate descriptions: Smiles:	Books read today: Meditation minutes: Exercise minutes: 何 Shower: Brush teeth Kiss Babychan Wash Face