

今日 _____ ()



Main projects

Hours slept: Meditation minutes:
Kiss Babychan
Eat 初終: 時 時

できた?

Today I plan to

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-
-
-
-

Brush teeth Wash Face

Affirmation:



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:

Books read today:

Flyers handed out:

Meditation minutes:

Passionate descriptions:

Exercise minutes: 何

Smiles:

Shower:
Brush teeth Wash Face
Kiss Babychan