

今日 _____ ()

Main projects

Dreamt

できた?

Today I plan to

寝る時間: alarm? Y N 瞑想分間:

Kiss Babychan Y N

Eat 初終: 時 時

Brush teeth Y N Wash Face Y N

Affirmation:

Liters of water Conveni snacks: 円

Consumed (food / media / beverages / sugar)

Grateful for:

Things to make today even better:

cool synchronicities and things happened today:

Cards handed out:

Flyers handed out:

Passionate descriptions:

Smiles:

Books read today:

Meditation minutes:

Exercise minutes: 何

Shower:

Brush teeth Wash Face

Kiss Babychan