Daily Ritual!

Morning

Gratitude _____ ☐

_____ ☐

_____ ☐

Goal

_____ ☐

_____ ☐

_____ ☐

Growth

_____ ☐

Outside _____ ☐

Affirmation _____ ☐

Breath/Movement _____ ☐

Evening

Gratitude

_____ ☐

_____ ☐

_____ ☐

Empathy _____ ☐

Mindfulness _____ ☐

Notes

_____

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_____