DAILY SELF CARE	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
CONNECTION		•		·					·									•			
PRAYER																					
BODY MOVEMENT - What and how feels best? Stretch/Yoga/Qi Gong/Walk/Run/Dance																					
DAILY INTENTION																					
MEDITATION																					
QUALITY OF & REGULAR DIET																					
VITAMINS & MINERALS																					
SENSORY DIET																					
STEPWORK																					
JOURNALING																					
GRATITUDE																					
REFLECTION & FORGIVENESS																					
ACKNOWLEDGEMENT LIST																					
QUALITY OF WORDS & THOUGHTS																					
BEING IN NATURE																					
FUN & PLAY																					
INNER CHILD																					
CREATIVITY																					
GROUNDING																					