

Daily Routine



WEEK 1

MO TUE WED THURS
FRI SAT SUN

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WEEK 2

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WEEK 3

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WEEK 4

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FRI SAT SUN

PHYSICAL

YOGA, WALK,
CLASS, HIKE

MENTAL

INSPIRATIONAL BOOKS,
AUDIBLE, TEDTALKS

SPIRITUAL

PRAYER, MEDITATION,
AFFIRMATIONS, I AM'S,
GRATITUDE LISTS

ENERGY

CROSS CRAWL,
TAP JOY, ZIP UP

JOY

SUN, PLAY, MUSIC,
MAKE BED, H.O.M.E.