



2024/5 HARMONICU.COM DASHBOARD SEEK & GLORIFY GOD



DAILY HABITS

- PRAYER/MEDITATION
- PRACTICE GRATITUDE
- PRAISE/GLORIFY GOD & ASK GOD TO GUIDE YOU TODAY
- WALK/EXERCISE
- AVOID THE NEWS/NEGATIVITY
- BE KIND TO MYSELF & OTHERS
- BE PATIENT
- BE AUTHENTIC
- BE MINDFUL
- DON'T BE STINGY
- PRACTICE HEALTHY SPENDING
- PUT PHONE AWAY FOR 1 HOUR
- TAKE RECESS
- QUALITY FAMILY TIME
- FORGIVE OTHERS & MYSELF
- REFLECT
- GOOD SLEEP HYGINE

WEEKLY

- ATTEND CHURCH/STUDY GOD'S WORD
- CONFESSION, REPENTANCE & HOLY COMMUNION
- 1 DAY OFF FROM SOCIAL MEDIA
- MAKE GOOD FOOD CHOICES
- MEAL PREP
- CHECK IN WITH FAMILY
- PLAN & ORGANIZE YOUR WEEK
- FIND RADICAL ACCEPTANCE WITH DIFFICULT SITUATIONS
- CLEAN UP YOUR DIGITAL SPACE
- DOCUMENT YOUR WEEK/JOURNALGRATITUDE
- GIVE YOURSELF A GOLD STAR/STICKER FOR YOUR ACHIEVEMENTS

MONTHLY

- DON'T NEGLECT SPIRITUAL DISCIPLINE
- REVIEW FINANCES
- HAVE A DEEP CONVERSATION WITH A LOVED ONE
- BUILD SOMEONE UP
- SEND/GIVE A CARD OF LOVE AND OR SUPPORT TO SOMEONE YOU LOVE
- SEND A PERSONALIZED THANK YOU NOTE/S TO THOSE THAT HAVE BEEN KIND TO YOU
- CREATE A PHOTO GRID AND ADD PHOTOS OF GOOD TIMES
- REFLECT ON YOUR ACTIONS, WORDS AND ACTS OF KINDNESS

6 MONTHS

- TREAT YOURSELF TO A SPA DAY
- TAKE A 3 DAY GETAWAY SOMEWHERE WITHN 6 MONTHS EVEN IF IT'S TO STAY WITH FAMILY
- REVIEW, SHIFT AND ADJUST YOUR GOALS
- DO A DEEP REVIEW OF YOUR FINANCES
- DO A DEEP CLEANING OF YOUR HOME/SPACE AND DECLUTER
- VISIT THE SICK/WALK A SHELTER DOG/VOLUNTEER
- CELEBRATE AN ACHIEVEMENT
- LET GO OF GRUDES
- ASSESS WORK LIFE BALANCE

1 YEAR

- ATTEND A SPIRITUAL RETREAT
- TAKE A VACATION
- CREATE A NEW COMMITMENT TO A LOVED ONE
- MAKE A VISION BOARD
- UPDATE YOUR DASHBOARD GOALS
- MAKE AND FILL OUT A PROGRESS REPORT/CARD
- DECLUTER
- TAKE A FAMILY PHOTO
- SEND HOLIDAY/CHRISTMAS CARDS
- MAKE A COLLAGE CELEBRATING THE HIGH POINTS OF YOUR YEAR
- SOCIAL MEDIA DETOX



SPIRIT



MIND



BODY



**INTERPERSONAL
RELATIONSHIPS**



FINANCIAL

- WALK IN FAITH
- LEVEL UP ON YOUR SPIRITUAL GROWTH
- SPIRITUAL COUNSELING/GROUP BIBLE STUDY
- ALLOW THE HOLY SPIRIT TO GUIDE YOU

- ADD TIME LIMITS TO SOCIAL MEDIA/AVOID COMMENTS
- FEED YOUR MIND WITH POSITIVE MATERIAL
- PERFECT OR LEARN A NEW SKILL/NETWORK
- DON'T LET VICTIM MENTALITY DESTROY YOU

- 
- RESPECT THE HOLY SPIRIT IN YOU/BODY IS A TEMPLE
 - PRACTICE GOOD NUTRITION
 - BREATH WORK & TAPPING
 - YOGA, MEDITATION, ACUPUNCTURE & MASSAGE

- 
- RECONCILE GRIEVANCES
 - PSYCHOTHERAPY/COACHING
 - PRACTICE EMOTIONAL REGULATION
 - HAVE TALKS AT YOUR HAPPY SPOTS WITH OTHERS

- 
- USE THE ENVELOPE SYSTEM TO BETTER STRETCH YOUR FINANCES
 - STUDY INVESTING/START A TRUST
 - FOLLOW EXPERT FINANCIAL ADVISORS/COACHES

AGREEMENT 1

BE IMPECCABLE WITH MY WORD

- THINK BEFORE I SPEAK
- AVOID NEGATIVE SELF TALK
- BE KIND IN INTERACTIONS - NOT VILE, SPEAK POISON OR JUDGE
- NO GOSSIP OR TALKING OF OTHERS TO MAKE MY OPINION RIGHT

AGREEMENT 2

DON'T TAKE THINGS PERSONALLY

- NOTHING OTHER PEOPLE DO IS BECAUSE OF ME; IT IS THEM
- DON'T IMPOSE MY WORLD ON THEIR WORLD. MY POV IS MY OWN
- DON'T BE OFFENDED BY OTHERS PAIN OR THEIR AGREEMENTS

AGREEMENT 3

DON'T MAKE ASSUMPTIONS

- SEEK CLARIFICATION & CLAIRIFY
- ASK QUESTIONS & EXPRESS WHAT I REALLY WANT
- COMMUNICATE CLEARLY

AGREEMENT 4

ALWAYS DO MY BEST

- DON'T EXHAUST MYSELF
- MY BEST WILL CHANGE FROM MOMENT TO MOMENT
- AVOID SELF-JUDGEMENT, SELF ABUSE & REGRET