

MY MIRACLE *morning*

Each morning choose to complete one activity from each section.

MENTAL HEALTH

- DEEP BREATHING
- 5 MIN MEDITATION
- AFFIRMATIONS
- REFLECTION

READING

- A BLOG ARTICLE
- A MAGAZINE
- A BOOK CHAPTER
- INSPIRING POSTS

PHYSICAL HEALTH

- BIKE RIDE
- WALK ONE MILE
- 10 MIN OF YOGA
- 10 MIN RUN

WRITING

- DIARY
- GRATITUDE LOG
- LISTS
- BULLET JOURNAL