Daily Check List

- ☐ Meditate
- ☐ Breathe Deeply
- ☐ Connect with Ki
- ☐ Conscious Movement
- ☐ Eat Healthy
- ☐ Hydrate
- ☐ Awareness

- ☐ Read
- ☐ Write
- ☐ Affirmations

- ☐ Focus
- ☐ Motivate
- ☐ Maintain

- ☐ Healing
- ☐ Acceptance
- ☐ Forgiveness

- ☐ Communicate
- ☐ Appreciate
- ☐ Grattitude
- ☐ See Beauty
- ☐ Feel Love
- ☐ Reflect

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