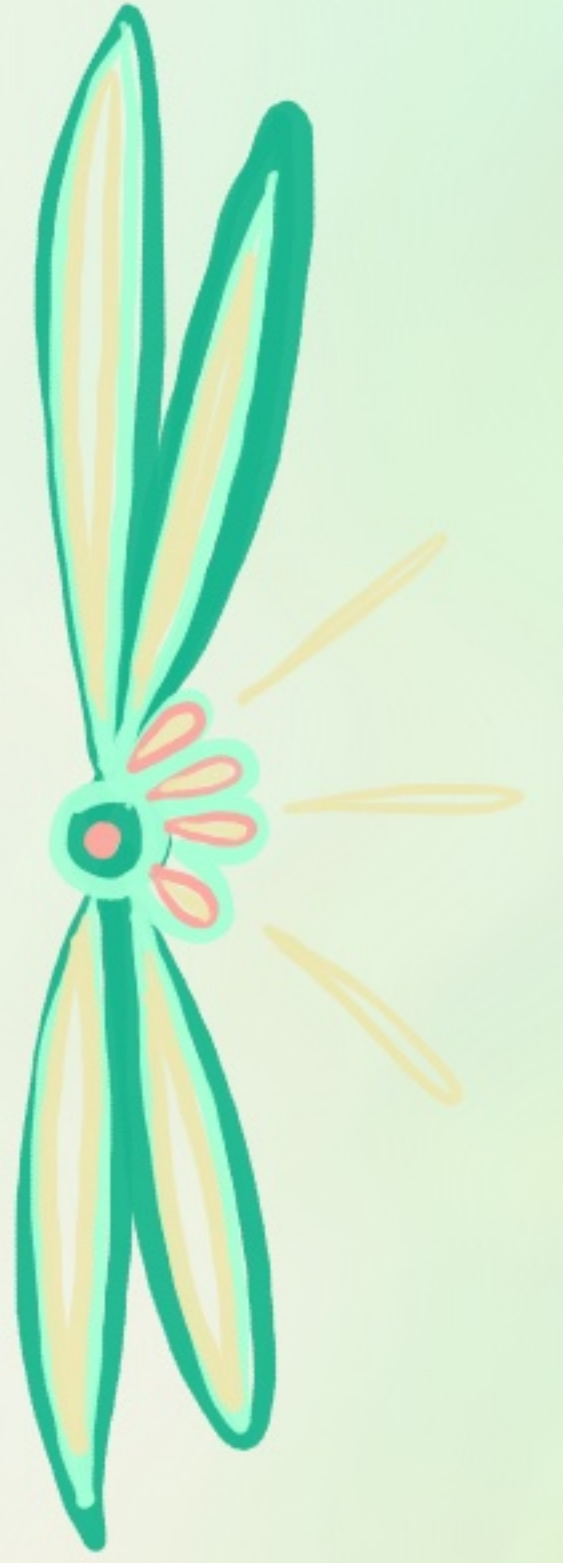


DAILY



Rituals
routine



FOR THE MIND,
BODY & SOUL

20 things I love doing

~ AT HOME ~

1 _____

11 _____

2 _____

12 _____

3 _____

13 _____

4 _____

14 _____

5 _____

15 _____

6 _____

16 _____

7 _____

17 _____

8 _____

18 _____

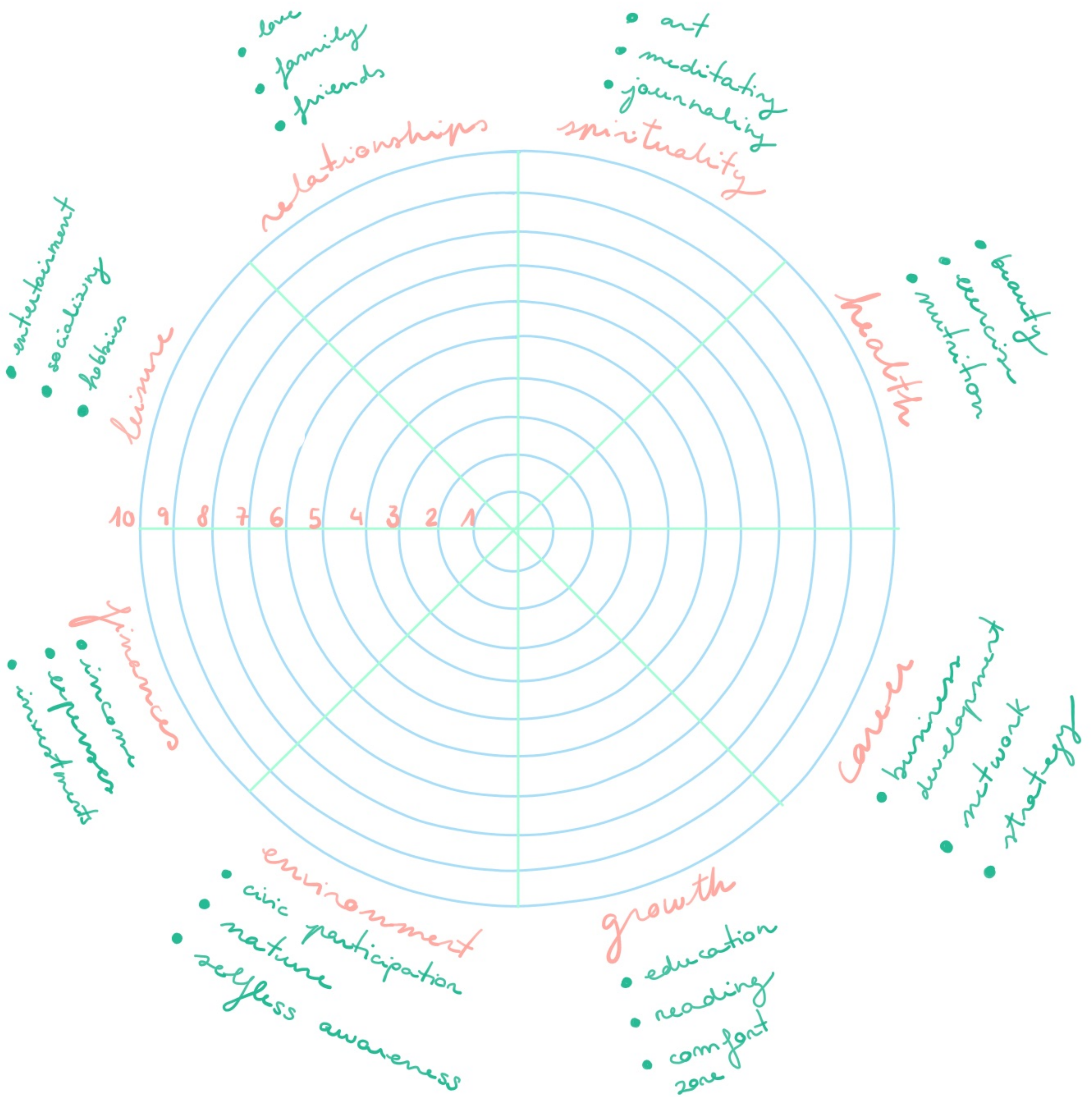
9 _____

19 _____

10 _____

20 _____

wheel of life



relationships

spirituality

health

career

environment

growth

finances

leisure



Daily rituals
routine



9

14

19

10

15

20

11

16

21

12

17

22

13

18

23