

GOOD DAY RHYTHM

GROCERIES + SUPPLIES

PRIORITIES/TO-DO'S:

SELF CARE + CONNECTION:

INTENTION
@HOUSEOFNOURISHMENT + @THECOASTALKIND

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

GRATEFUL FOR:

GRATEFUL FOR:

GRATEFUL FOR:

GRATEFUL FOR:

GRATEFUL FOR:

GRATEFUL FOR:

GRATEFUL FOR:

TODAY I FEEL:

TODAY I FEEL:

TODAY I FEEL:

TODAY I FEEL:

TODAY I FEEL:

TODAY I FEEL:

TODAY I FEEL:

MEALS

MEALS

MEALS

MEALS

MEALS

MEALS

MEALS