

Today

Take Care of You

- SILENCE
- AFFIRMATIONS
- VISUALIZATION

- EXERCISE
- READING
- WRITING



good morning sunshine!

5A

6A

7A

8A

9A

10A

11A

12P

1P

2P

3P

4P

5P

6P

7P

8P

9P

10P

11P

sweet dreams!

dinner

top 3

1.

2.

3.

call

email

text

buy

notes