



Daily Habits

Week of:

Reward at end of week:

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Meditation To do after you wake up. Try to meditate 20 minutes a day.							
Exercise A medium fast pace for 30 minutes a day. Try to exercise 5 days/week.							
Water Drink clean water every 2 hours each day. Make sure you boil and refrigerate your drinking water for 12 hours before drinking.							
Journal After you meditate in the morning take a moment to fill in the morning portion of your Daily Journal. At the end of your day fill in the bottom portion of your Daily Journal.							
Plant Love (Energy Exercise) Get a plant and place it close to where you meditate at the beginning of your day. Talk kindly to your plant for a few minutes each day. Tend to your plant (water, sunlight, nutrients, etc.)							