



Habits

Week of:

Reward at end of week:

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Meditation To do after you wake up. Try to gradually increase the time up to 20 minutes. Use a pace that works for you. If you start with 5 minutes for the first week, then 10 minutes for the second week, that's awesome!							