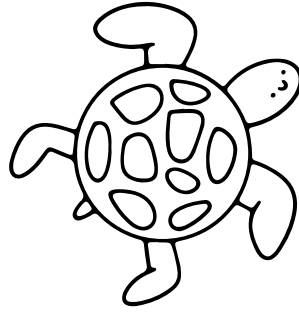


This week AT A GLANCE



DATE: / /

AFFIRMATION OF THE WEEK:

What truth do I want to carry with me this week?

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TOP PRIORITY OR GOAL:

What is one small step I can focus on consistently?

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SELF-CARE FOCUS:

What will help me recharge and stay connected to myself?

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MINDFUL HABIT TO BUILD:

What new rhythm or routine do I want to gently practice?

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SUPPORT I NEED:

What kind of help or space do I need to stay on track?

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