


Emerge & Bloom

|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|-----------|----------|--------|----------|--------|
| Personal | | | | | | | |
| Work | | | | | | | |
| Body <input type="checkbox"/> Sleep 7 to 8 hours <input type="checkbox"/> Drink water frequently <input type="checkbox"/> Skin brushing <input type="checkbox"/> Sun bath <input type="checkbox"/> Vitamins & supplements <input type="checkbox"/> Healthy food & snacks <input type="checkbox"/> Exercise <input type="checkbox"/> Yoga inversion <input type="checkbox"/> Epsom salt bath <input type="checkbox"/> Deep breathing <input type="checkbox"/> Massage <input type="checkbox"/> Sauna <input type="checkbox"/> Acupressure mat <input type="checkbox"/> Earthing <input type="checkbox"/> Stretching | | | | | | | |
| Mind <input type="checkbox"/> Affirmations <input type="checkbox"/> Soothing music <input type="checkbox"/> Visualization <input type="checkbox"/> Do not judge <input type="checkbox"/> Do not complain <input type="checkbox"/> Focus on possibilities <input type="checkbox"/> Speak and think positive <input type="checkbox"/> Read | | | | | | | |
| Heart <input type="checkbox"/> Be in contact with nature <input type="checkbox"/> Laugh frequently <input type="checkbox"/> Good movies <input type="checkbox"/> Do some crafts <input type="checkbox"/> Photo journaling <input type="checkbox"/> Voluntary work | | | | | | | |
| Soul <input type="checkbox"/> Pray & Meditate <input type="checkbox"/> Journal writing <input type="checkbox"/> Be in silence <input type="checkbox"/> Observe, do not absorb | | | | | | | |

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| <input type="checkbox"/> Be kind & compassionate | | | | | | | |
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