

WEEKLY RITUALS

WEEK ONE

NOTES

MON

MAKE A TO DO LIST



TUE

ENJOY A NICE HOT DRINK



WED

DECLUTTER YOUR SPACE



THU

LISTEN TO UPLIFTING MUSIC



FRI

HAVE A BATH



SAT

SPEND TIME OUTSIDE



SUN

WATCH YOUR FAVOURITE MOVIE



TOP 3 MOMENTS OF THE WEEK

- 1.
- 2.
- 3.