

WEEKLY RITUALS

WEEK TWO

NOTES

MON

DRINK SOME
TEA



TUE

KEEP
HYDRATED



WED

CALL A LOVED
ONE



THU

DO SOME
MEDITATION



FRI

WRITE
IN YOUR
JOURNAL



SAT

READ A BOOK



SUN

TAKE A WALK
IN NATURE



TOP 3 MOMENTS OF THE WEEK

- 1.
- 2.
- 3.