

# WEEKLY RITUALS

WEEK THREE

NOTES

MON

SPEND TIME  
OUTSIDE



TUE

LIGHT A  
CANDLEE



WED

SPEND TIME  
DOING  
NOTHING



THU

PHONE-FREE  
EVENING



FRI

FOCUS ON  
BREATHING



SAT

DO SOME  
YOGA



SUN

TAKE A WALK  
IN NATURE



TOP 3 MOMENTS OF THE WEEK

- 1.
- 2.
- 3.