

WEEKLY RITUALS

WEEK FOUR

NOTES

MON

MOVE YOUR
BODY



TUE

ENJOY SOME
CAKE



WED

NO SCREENS
BEFORE BED



THU

DECLUTTER
YOUR ROOM



FRI

EXPLORE A
NEW HOBBY



SAT

DO SOME
MINDFULNESS
COLOURING



SUN

BRING
SOMEONE
FLOWERS



TOP 3 MOMENTS OF THE WEEK

- 1.
- 2.
- 3.