

SUNDAY *intention setting*

	MONDAY	TUESDAY	WEDNESDY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
morning							
afternoon							
evening							
meals							

Make It Happen!

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<i>Weekly well-being Focus</i>	M	T	W	T	F	S	S

Tell me, what is it you
PLAN
 to do with your one wild and
 precious life?
 MARY OLIVER

