

DAILY RITUAL TRACKER

Your JoyClik Prescription

Month:

S	M	T	W	T	F	S	HABIT - <u>RITUAL</u>
☐	☐	☐	☐	☐	☐	☐	Morning Ritual:
☐	☐	☐	☐	☐	☐	☐	Morning Grounding / Breathing
☐	☐	☐	☐	☐	☐	☐	Affirmation:
☐	☐	☐	☐	☐	☐	☐	One minute of Peace:
☐	☐	☐	☐	☐	☐	☐	Joy Anchor:
☐	☐	☐	☐	☐	☐	☐	Midday Nourishment Ritual:
☐	☐	☐	☐	☐	☐	☐	Step away and refuel
☐	☐	☐	☐	☐	☐	☐	Evening Wind-Down:
☐	☐	☐	☐	☐	☐	☐	Write in journal - Gratefulness
☐	☐	☐	☐	☐	☐	☐	



REMEMBER:
Consistency over Perfection