

A NEW DAY:

6 am \_\_\_\_\_  
\_\_\_\_\_

7 am \_\_\_\_\_  
\_\_\_\_\_

8 am \_\_\_\_\_  
\_\_\_\_\_

9 am \_\_\_\_\_  
\_\_\_\_\_

10 am \_\_\_\_\_  
\_\_\_\_\_

11 am \_\_\_\_\_  
\_\_\_\_\_

12 pm \_\_\_\_\_  
\_\_\_\_\_

1 pm \_\_\_\_\_  
\_\_\_\_\_

2 pm \_\_\_\_\_  
\_\_\_\_\_

3 pm \_\_\_\_\_  
\_\_\_\_\_

4 pm \_\_\_\_\_  
\_\_\_\_\_

5 pm \_\_\_\_\_  
\_\_\_\_\_

6 pm \_\_\_\_\_  
\_\_\_\_\_

7 pm \_\_\_\_\_  
\_\_\_\_\_

8 pm \_\_\_\_\_  
\_\_\_\_\_

INTENTIONS

♥ \_\_\_\_\_

① \_\_\_\_\_

② \_\_\_\_\_

③ \_\_\_\_\_

TO DO

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

HEALTH

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

hydrate . exercise . nourish

JOURNAL

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*devotional thoughts*

PRAY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*boldly ask the Lord*

CELEBRATE

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*God is good all the time*