

DAILY SELF ALIGNMENT

ACTIVITY

M T W T F S

Meditate	<input type="checkbox"/>					
Journal	<input type="checkbox"/>					
Exercise	<input type="checkbox"/>					
Visualize	<input type="checkbox"/>					
Gratitude	<input type="checkbox"/>					
Spiritual Read	<input type="checkbox"/>					
	<input type="checkbox"/>					
	<input type="checkbox"/>					
	<input type="checkbox"/>					

NOTES

www.dawnmhafner.com

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writing | coaching | speaking