



DAILY RHYTHMS

CREATING, SUSTAINING, THRIVING

Who did you connect with today?

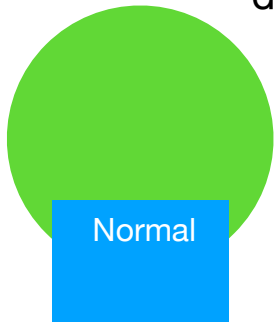
- 1.
- 2.
- 3.

What is the overarching theme you are living out today?

Water Intake?



Food intake? Circle (Normal is 3 meals, or 5 small ones depending on diet.)



Healthy or "Not so much"



Physical Activity today?

- YES
- NO

Did you practice mindfulness 3-5 minutes today? Mindfulness is simply being present without jumping to the future or the past. Remember to breathe deep today.

- YES
- NO

What did you learn today?

What are you feeling? Why?

*Develop accountability with a friend. Start new rhythms and keep them up. You can do this!
Look at you go!