

My Daily Habits

Month: _____

HABITS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
6 -7 am Morning Prayer Read Scriptures Meditate-Holosync																															
7-7:45 am Workout																															
7:45 am-8:30 am Kids ready for school																															
8:30 am Go over Daily Schedule																															
Keep Track of Healthy Meals, Daily																															
Drink 64 oz+ (2-3 mason jars)																															
<u>Night Meditation:</u> Prayer Gratitude Journal Check off Habit Chart																															
Processes used Today?																															

BLOSSOM HOLISTIC HEALTH

Amy Francis, Holistic Practitioner and Life Coach

Mobile: 408-693-7498 Email: amy@blossomholistichealth.com Website: www.blossomholistichealth.com