

Took Vitamins	64 Ounces of water	Donated 5 items	Picked/Hung Up Clothes	Meditation/Pause Self-Care
Deleted Old Apps	Sewed/Used Machine	Opened Mail	Cleaned nightstand	Put Lotion on Legs
Woke-Up On Time	Completed a Task	FREE	Healthy Meal	Learned Something
Put Lotion on Arms	Maintained a thought	Organized a Drawer/Space	Embroidered	On time to work/appointment
Controlled Anger/Emotions	Positive Self Talk	Did not over buy	made a small to do list	Diffuse/Use Oil Self Care

Woke-Up On Time	made a small to do list	Cleaned nightstand	Maintained a thought	Deleted Old Apps
Picked/Hung Up Clothes	Learned Something	Donated 5 items	On time to work/appointment	Completed a Task
Healthy Meal	64 Ounces of water	FREE	Embroidered	Organized a Drawer/Space
Diffuse/Use Oil Self Care	Took Vitamins	Did not over buy	Put Lotion on Arms	Controlled Anger/Emotions
Meditation/Pause Self-Care	Healthy Bed Time	Put Lotion on Legs	Opened Mail	Sewed/Used Machine

Put Lotion on Arms	Embroidered	Woke-Up On Time	Diffuse/Use Oil Self Care	Picked/Hung Up Clothes
Positive Self Talk	Put Lotion on Legs	made a small to do list	Maintained a thought	Completed a Task
Organized a Drawer/Space	Cleaned nightstand	FREE	Healthy Meal	Donated 5 items
Healthy Bed Time	Meditation/Pause Self-Care	Controlled Anger/Emotions	64 Ounces of water	Took Vitamins
Sewed/Used Machine	Opened Mail	Learned Something	On time to work/appointment	Did not over buy