This week, one small step at a time

Week of

This week's focus

Who is joining me

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Quiet moment 5 calm minutes	☐	☐	☐	☐	☐	☐	☐
Something I learned	☐	☐	☐	☐	☐	☐	☐
A kind act	☐	☐	☐	☐	☐	☐	☐
Family time	☐	☐	☐	☐	☐	☐	☐
Notes Questions to ask							

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