

WEEKLY MINDFUL PRACTICES

Monday Morning
I'm grateful for...

My Daily Intention:

Tuesday Morning
I'm grateful for...

My Daily Intention:

Wednesday Morning
I'm grateful for...

My Daily Intention:

Thursday Morning
I'm grateful for...

My Daily Intention:

Friday Morning
I'm grateful for...

My Daily Intention:

Saturday Morning
I'm grateful for...

My Daily Intention:

Sunday Morning
I'm grateful for...

My Daily Intention:

Weekly Mantras ✨ ✨
