

Mind
Over *Muffin*
by Leanne Lisbon

RITUAL TRACKER

Ritual Tracker

DAY	How I felt when I woke up. (Rate yourself out of 10, 10 being the highest and feeling calm, happy, connected, 0 being the lowest)	What I did for me as part of my ritual. E.g meditation, journaling.	How I felt after. (0-10)
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

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“

The whole point of
being alive is to
evolve into the
complete person
you were intended
to be.

Oprah Winfrey.

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