DAILY DEVOTION PRACTICE

Creation

CREATE YOUR DAILY DEVOTION PRACTICE HERE. WHAT WILL YOU ADD TO YOUR WEEK THIS WEEK? WRITE OUT THE PRACTICES, TOOLS, STEPS THAT YOU COULD INCLUDE, E.G MEDITATION, WALKING, STRETCHING ETC. AND AIM TO DO 3 PER DAY FOR 10 MINS EACH. YOU CAN TICK THEM OFF AS YOU GO, THROUGHOUT THE MONTHS YOU CAN ADD MORE TO YOUR LIST THAT COULD BE AN OPTION THAT YOU HAVE IN YOUR DEVOTION PRACTICE.

WEEK OF: _____

HABIT /PRACTICE/ SELF-CARE STEP	S	M	T	W	T	F	S
01	○	○	○	○	○	○	○
02	○	○	○	○	○	○	○
03	○	○	○	○	○	○	○
04	○	○	○	○	○	○	○
05	○	○	○	○	○	○	○
06	○	○	○	○	○	○	○
07	○	○	○	○	○	○	○
08	○	○	○	○	○	○	○
09	○	○	○	○	○	○	○
10	○	○	○	○	○	○	○
11	○	○	○	○	○	○	○
12	○	○	○	○	○	○	○

REFLECTION NOTES