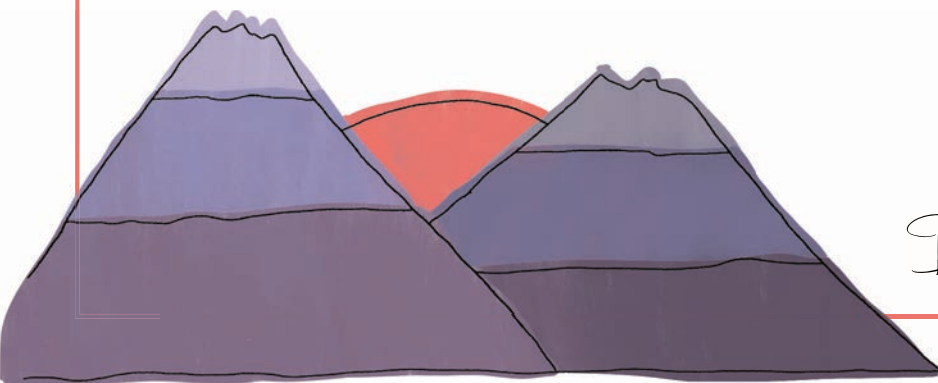


Morning

First Connection Practice I chose:

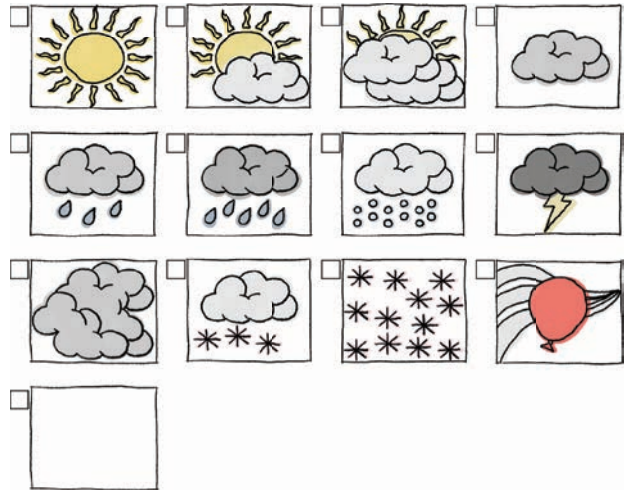
Morning Soul Note:



Date: _____

Mid-day

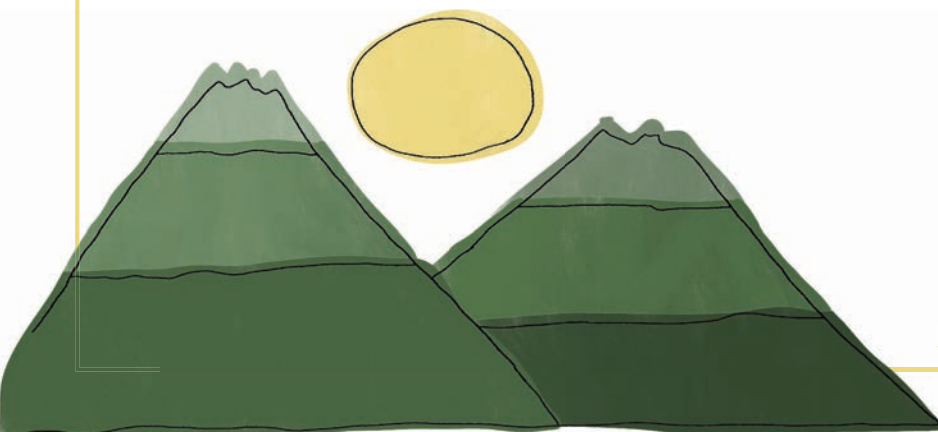
Inner Check-in: Take 3 slow, deep breaths, and then look at the weather images. Which one feels closest to how you feel inside?



Feelings Check-in:

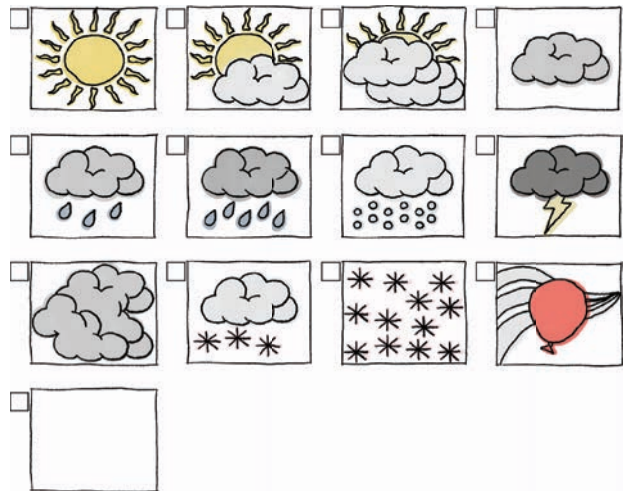
Needs Check-in:

Meeting My Needs - What could this look like?



Evening

Inner Check-in: Again, take 3 slow, deep breaths, and then look at the weather images. Which one feels closest to how you feel inside?



Evening Connection Practice I chose:

Evening Soul Note:



Evening

Self Acknowledgments:

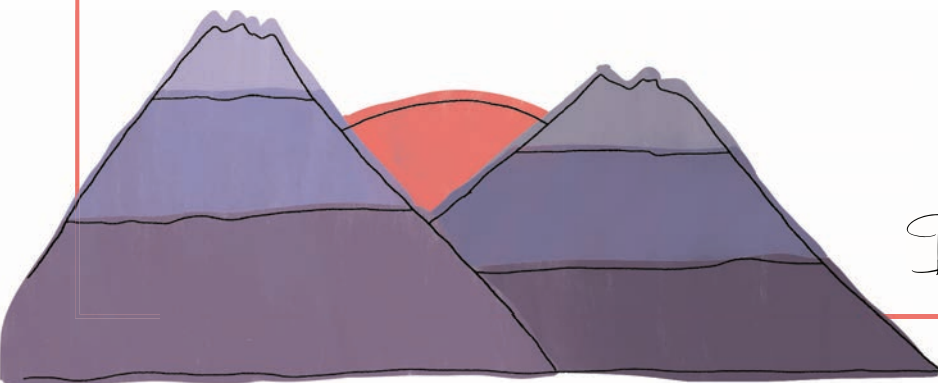
1. _____
2. _____
3. _____



Morning

First Connection Practice I chose:

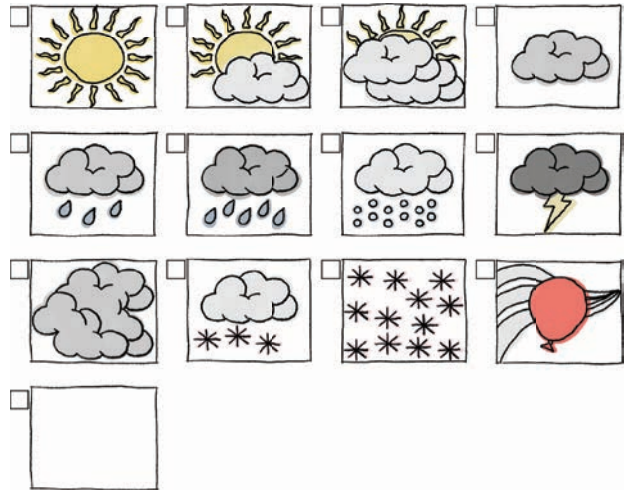
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Date: _____

Mid-day

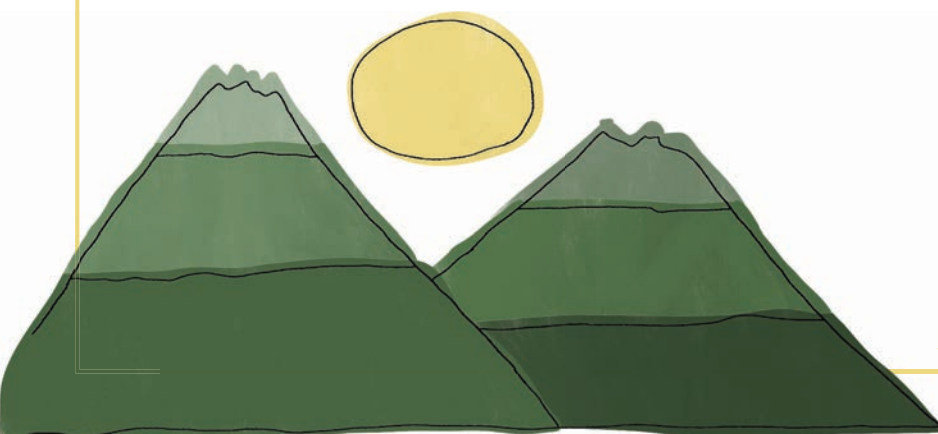
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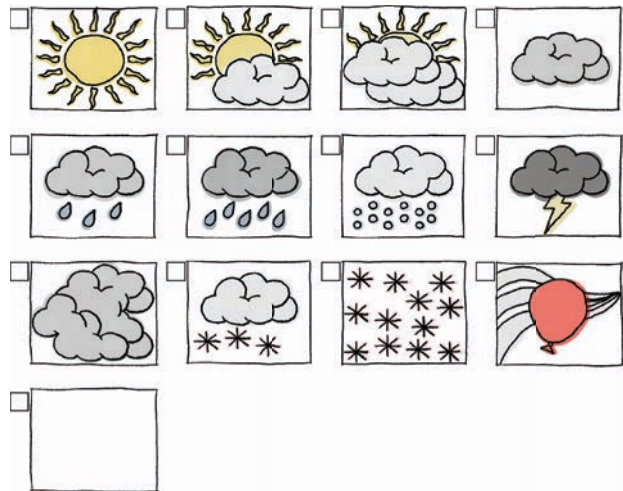
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Evening Soul Note:



Evening

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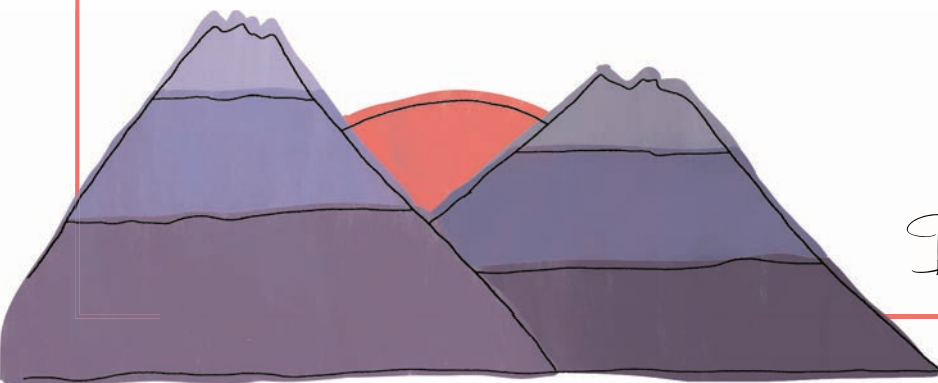
1. _____
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Morning

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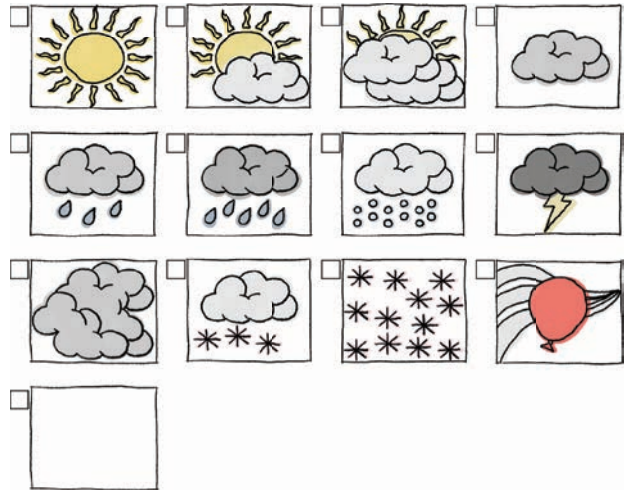
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Mid-day

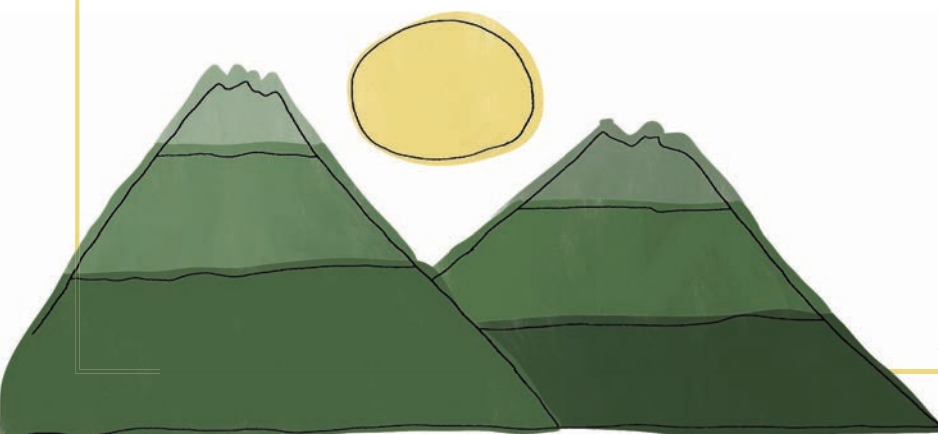
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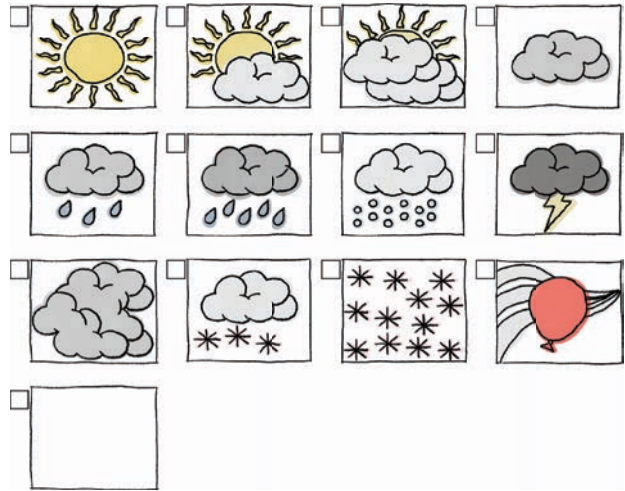
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Evening

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Evening Connection Practice I chose:

Evening Soul Note:



Evening

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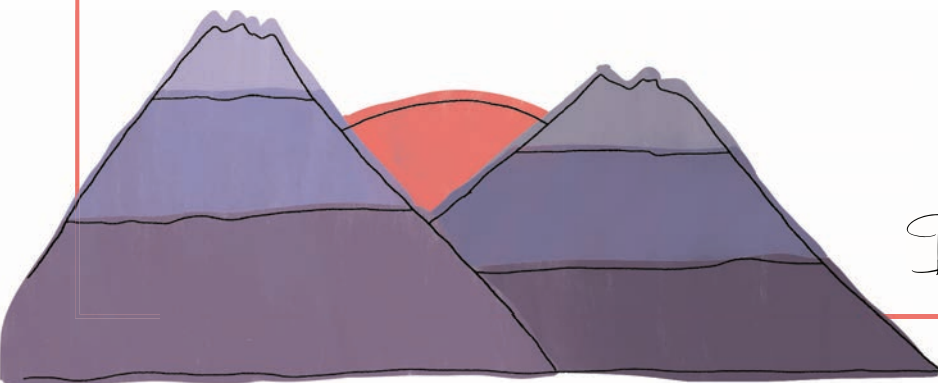
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Morning

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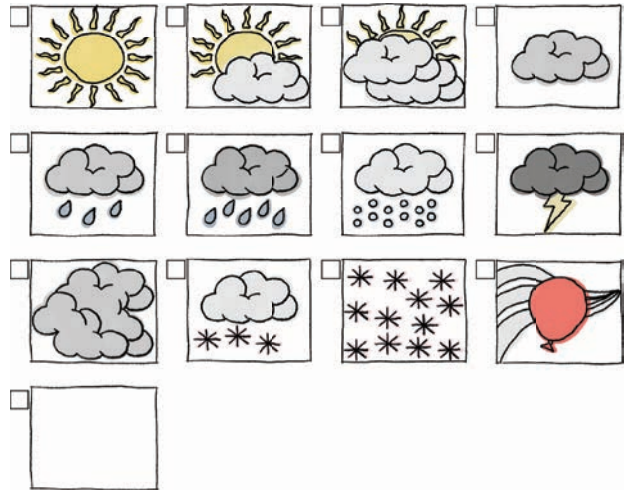
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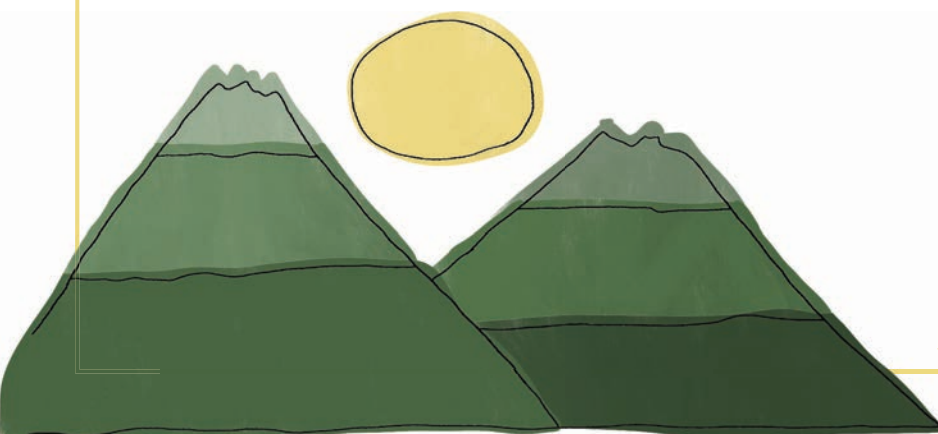
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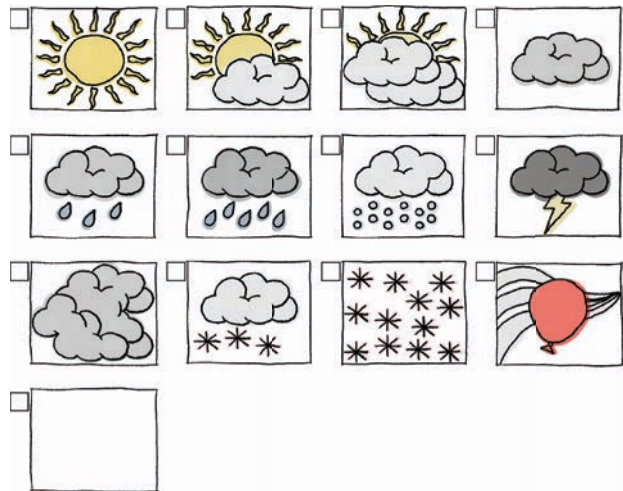
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Evening Connection Practice I chose:

Evening Soul Note:



Evening

Self Acknowledgments:

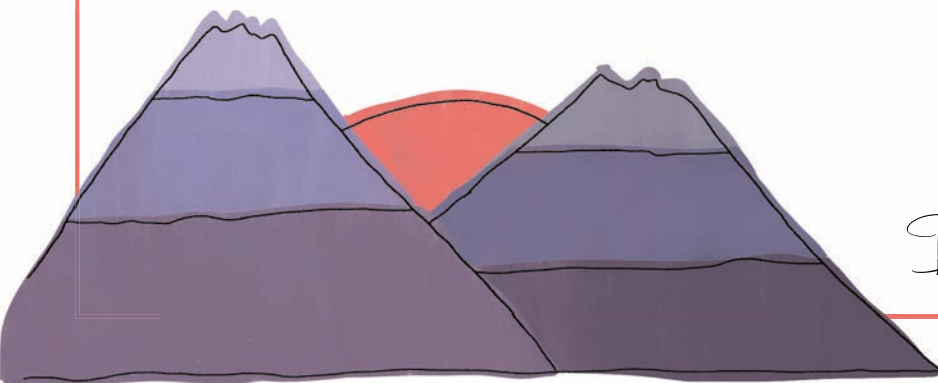
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2. _____
3. _____



Morning

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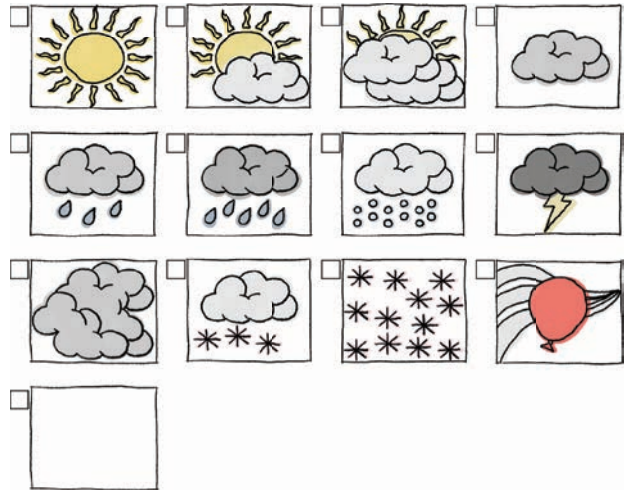
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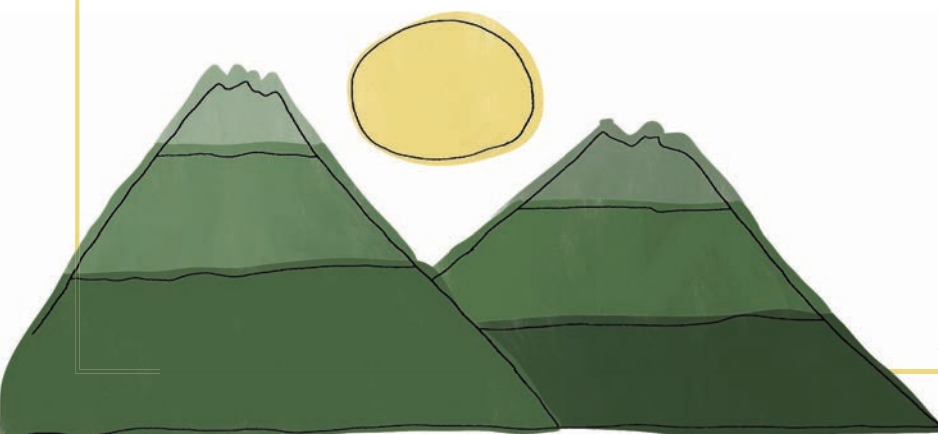
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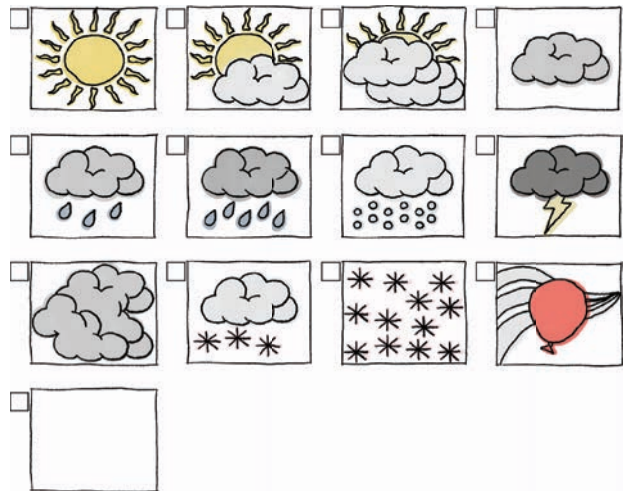
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Evening Soul Note:



Evening

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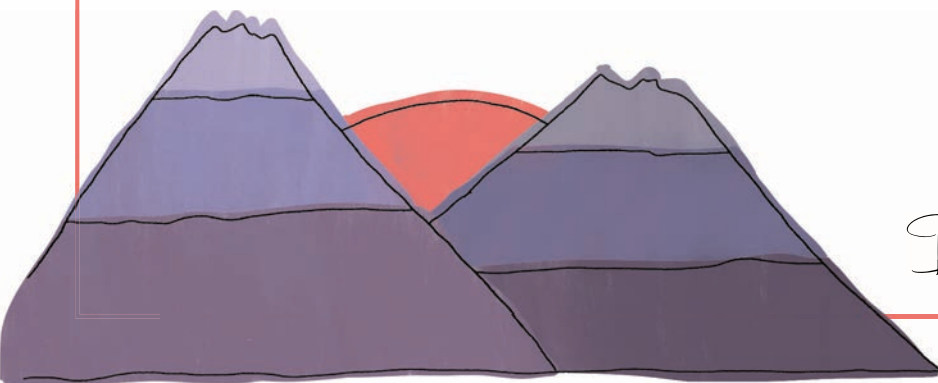
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Morning

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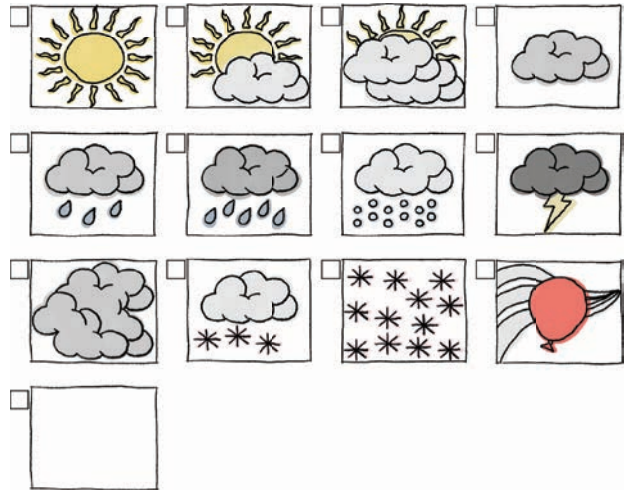
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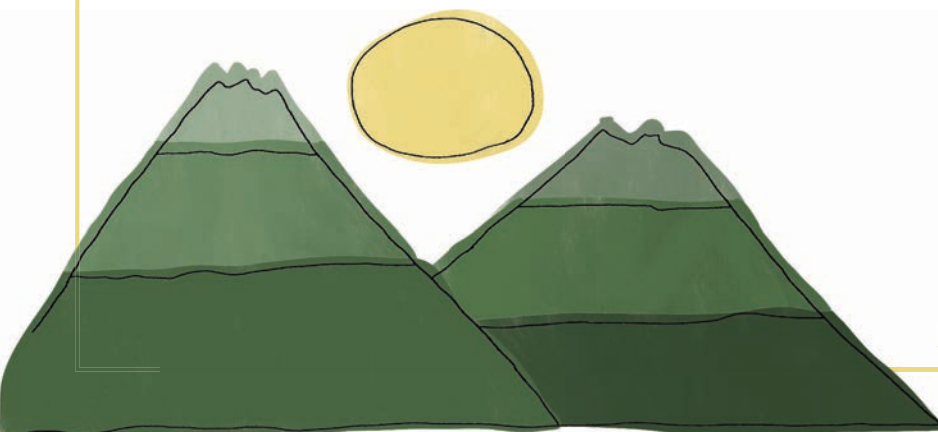
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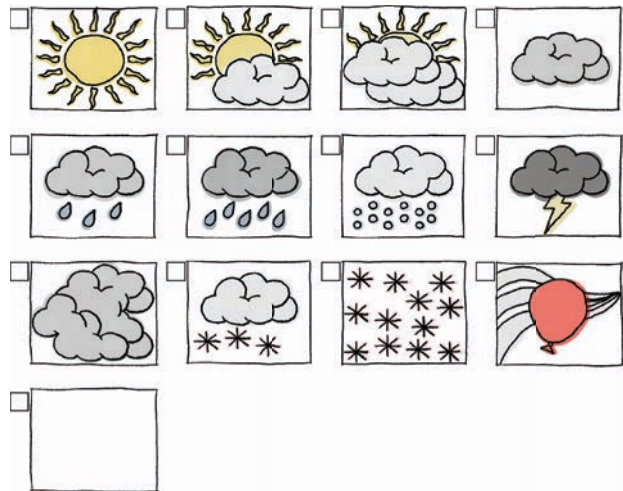
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Evening Soul Note:



Evening

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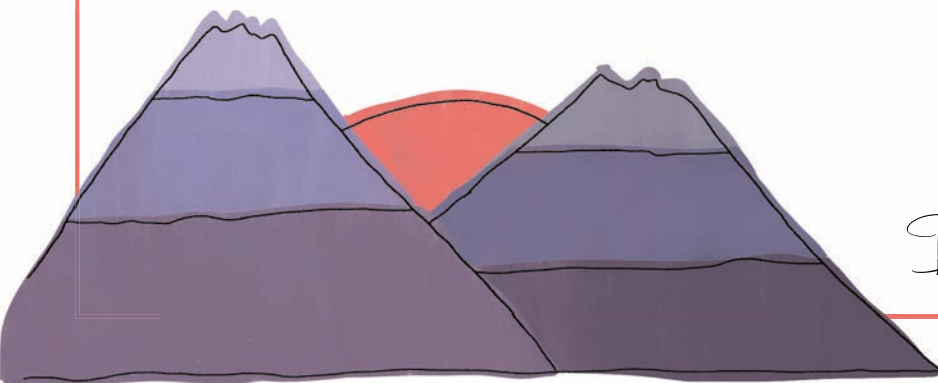
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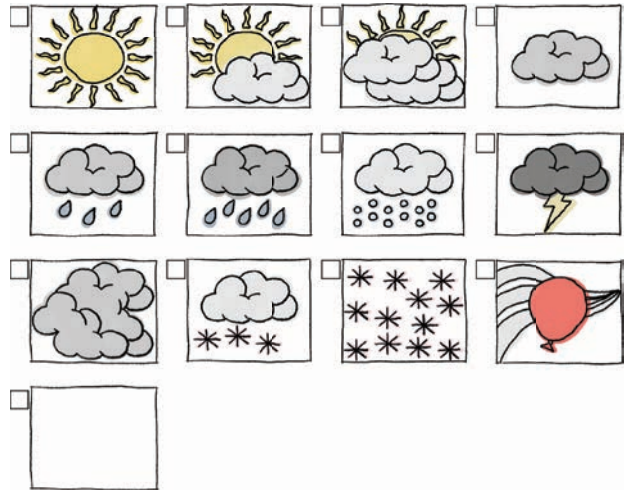
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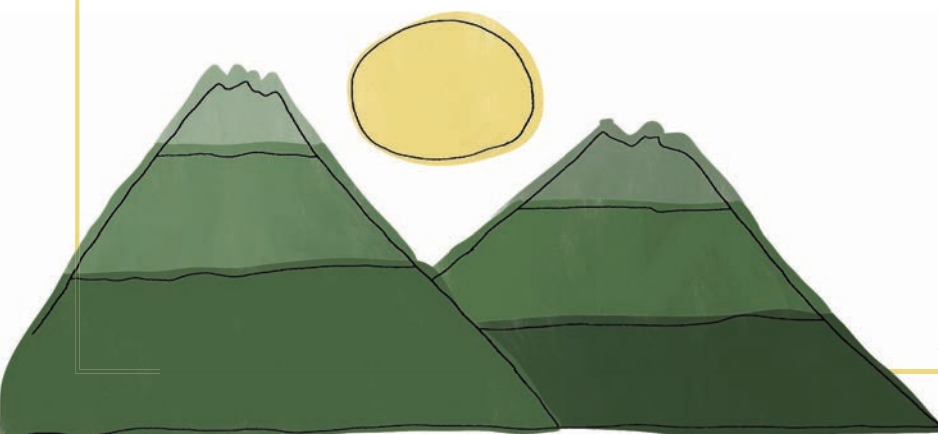
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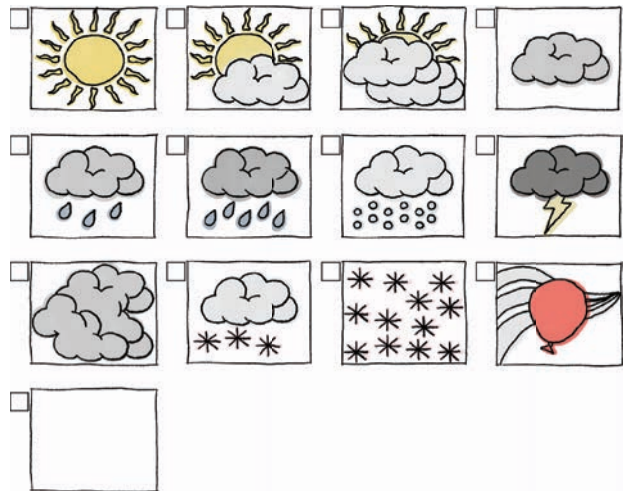
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