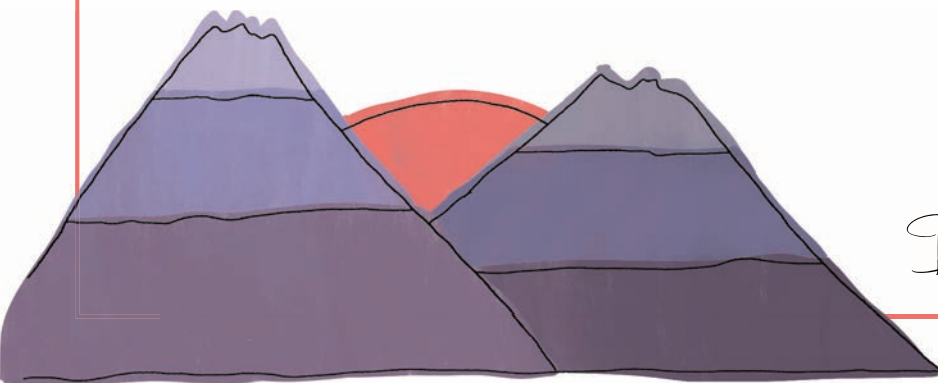


Morning

First Connection Practice I chose:

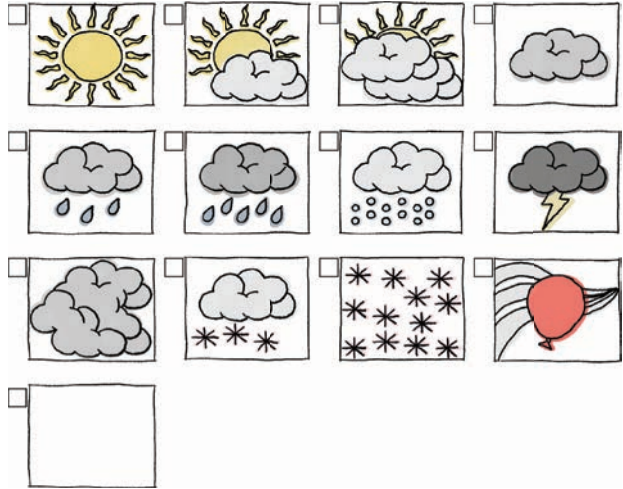
Morning Soul Note:



Date: _____

Mid-day

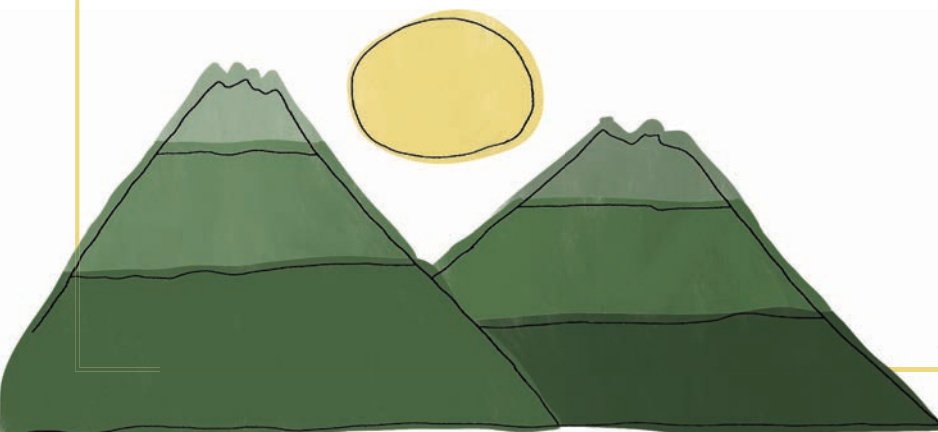
Inner Check-in: Take 3 slow, deep breaths, and then look at the weather images. Which one feels closest to how you feel inside?



Feelings Check-in:

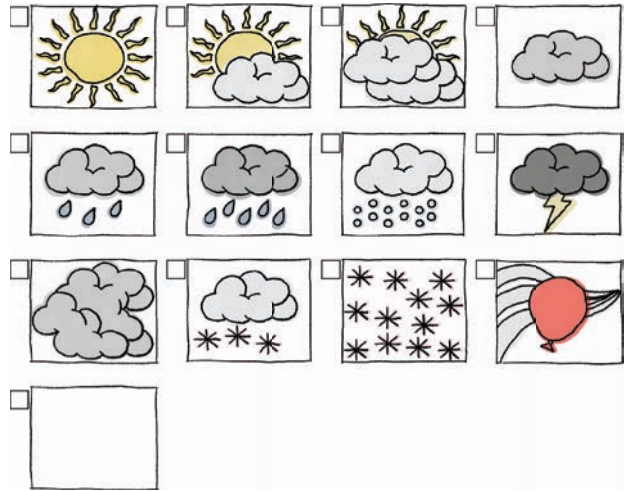
Needs Check-in:

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:

Light blue rectangular box for writing the chosen connection practice.

Evening Soul Note:

Large light blue rectangular box for writing the evening soul note.



Evening

Self Acknowledgments:

1. _____

2. _____

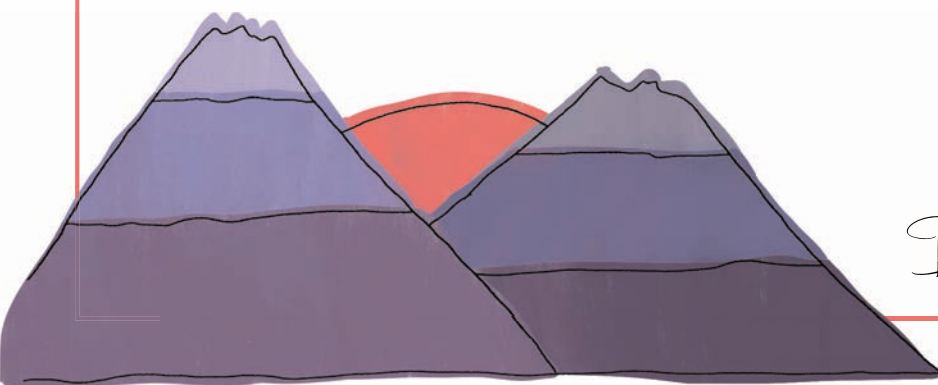
3. _____



Morning

First Connection Practice I chose:

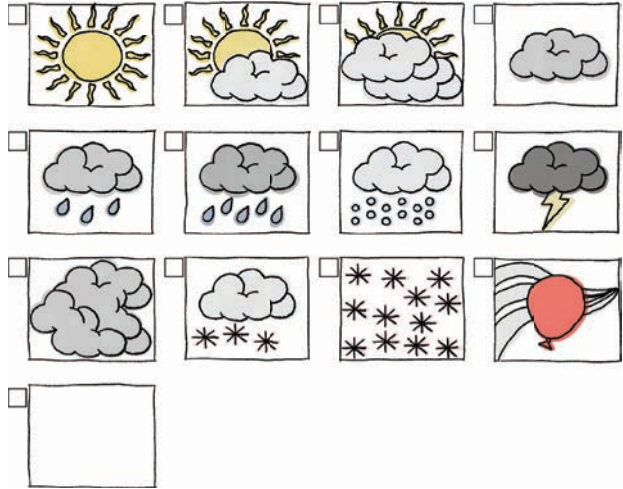
Morning Soul Note:



Date: _____

Mid-day

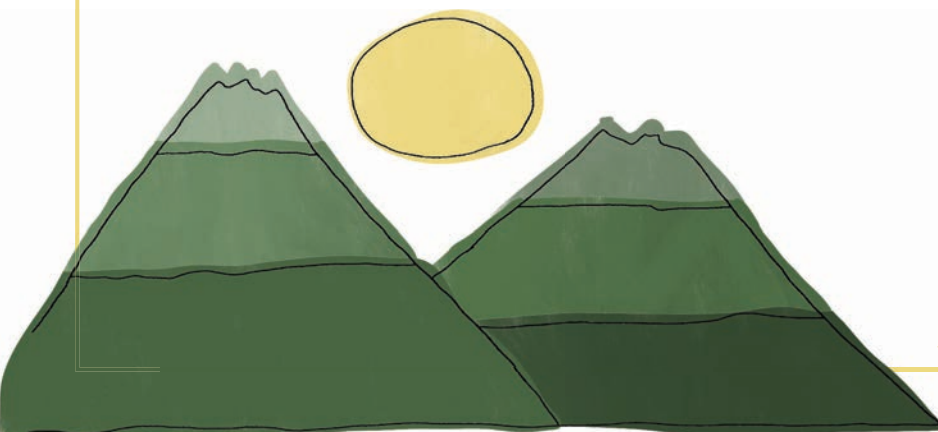
Inner Check-in: Take 3 slow, deep breaths, and then look at the weather images. Which one feels closest to how you feel inside?



Feelings Check-in:

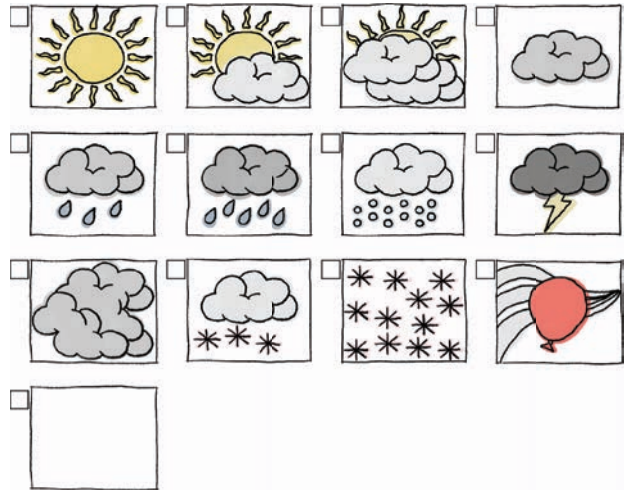
Needs Check-in:

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:

Light blue rectangular area for writing the chosen connection practice.

Evening Soul Note:

Large light blue rectangular area for writing the evening soul note.



Evening

Self Acknowledgments:

1. _____
2. _____
3. _____



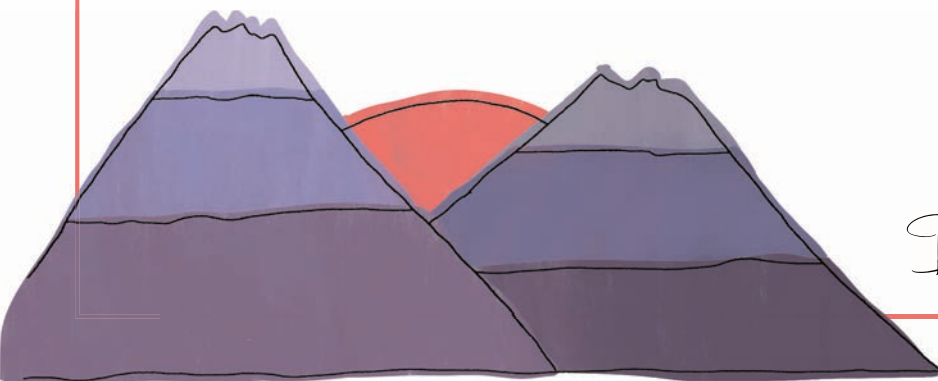
Morning

First Connection Practice I chose:

Blank area for writing the first connection practice chosen.

Morning Soul Note:

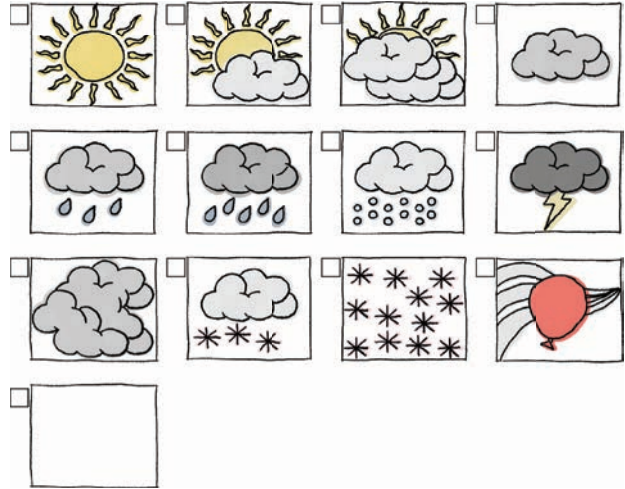
Large blank area for writing the morning soul note.



Date: _____

Mid-day

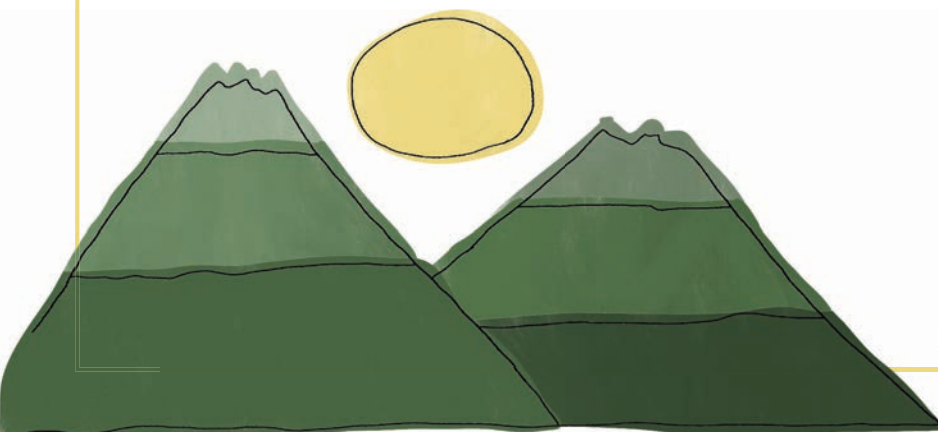
Inner Check-in: Take 3 slow, deep breaths, and then look at the weather images. Which one feels closest to how you feel inside?



Feelings Check-in:

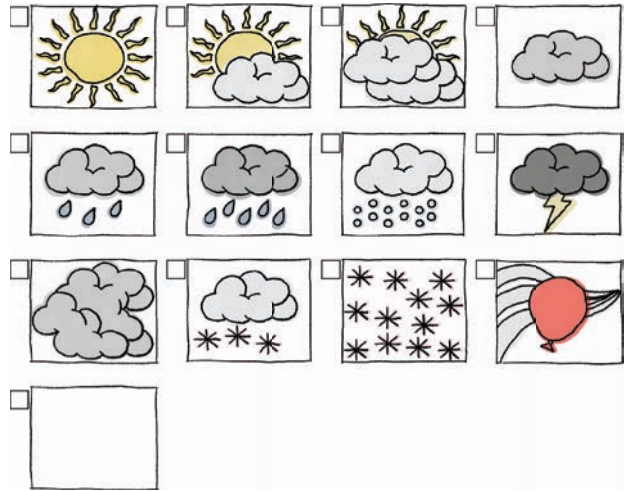
Needs Check-in:

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:

Light blue rectangular area for writing the chosen connection practice.

Evening Soul Note:

Large light blue rectangular area for writing the evening soul note.



Evening

Self Acknowledgments:

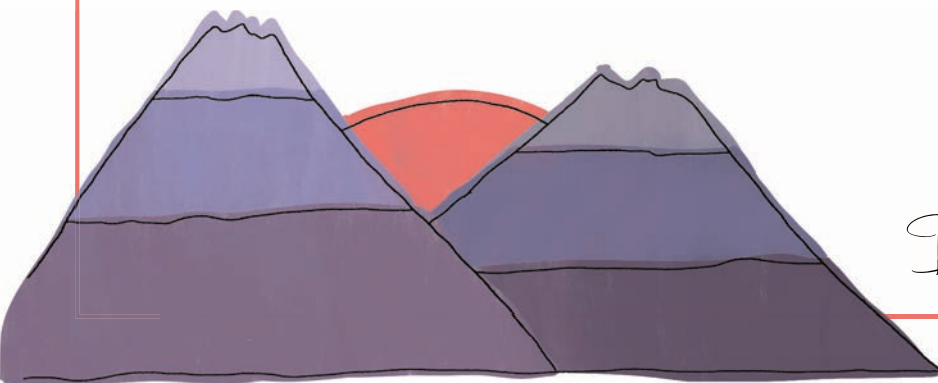
1. _____
2. _____
3. _____



Morning

First Connection Practice I chose:

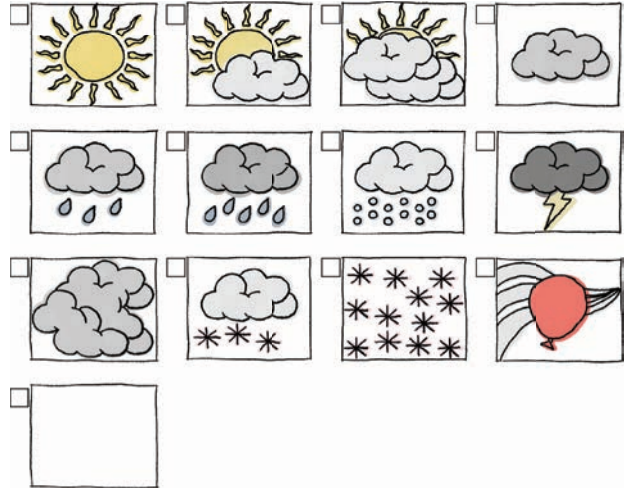
Morning Soul Note:



Date: _____

Mid-day

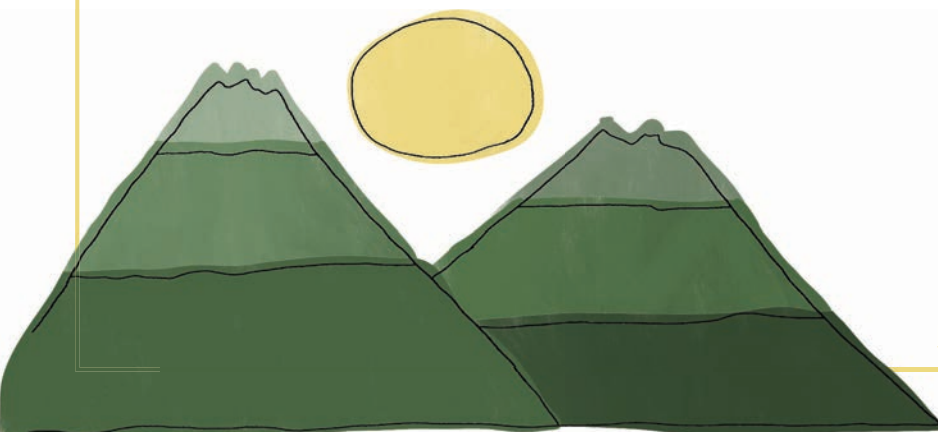
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Feelings Check-in:

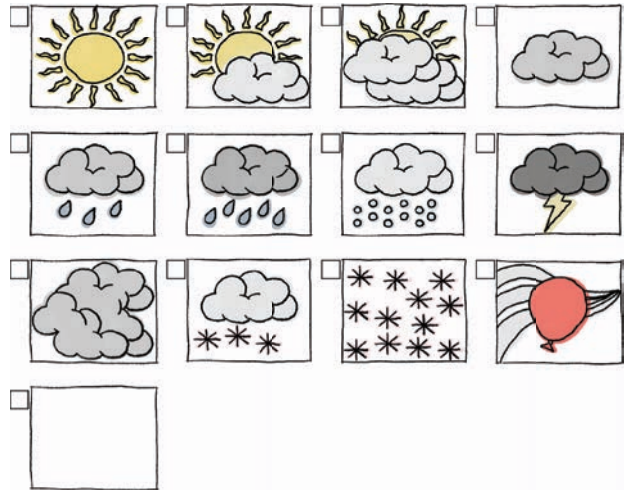
Needs Check-in:

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:

Light blue rectangular box for writing the chosen connection practice.

Evening Soul Note:

Large light blue rectangular box for writing the evening soul note.



Evening

Self Acknowledgments:

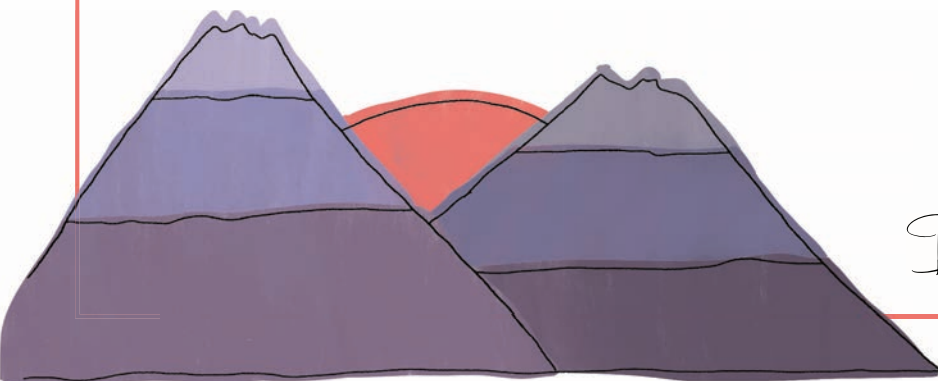
1. _____
2. _____
3. _____



Morning

First Connection Practice I chose:

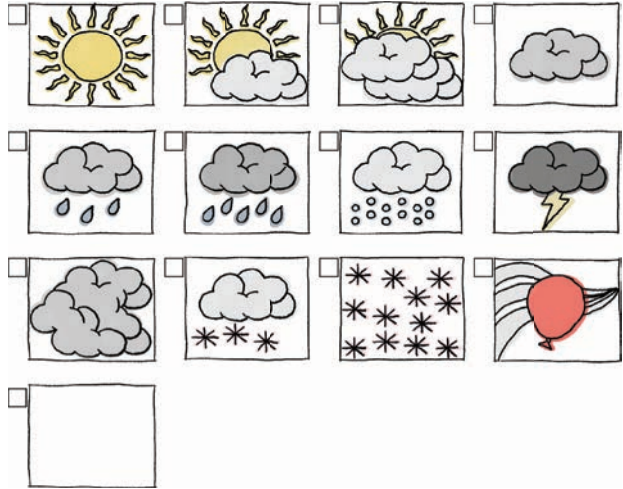
Morning Soul Note:



Date: _____

Mid-day

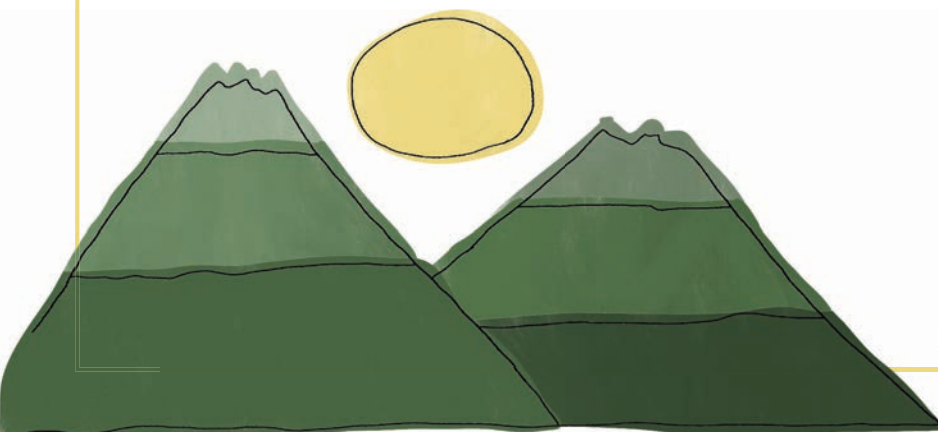
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Feelings Check-in:

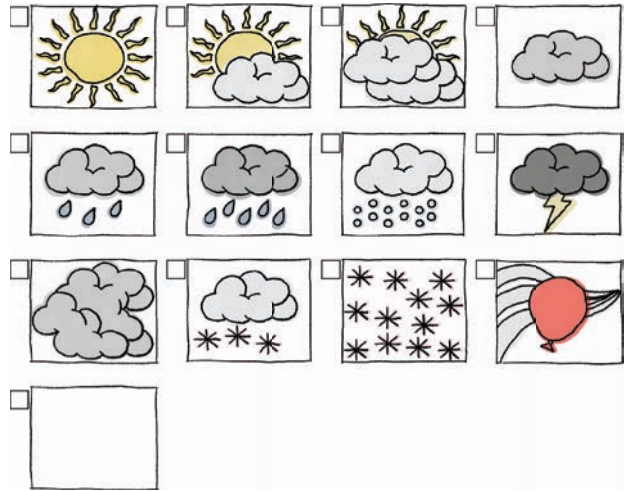
Needs Check-in:

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:

Light blue rectangular box for writing the chosen connection practice.

Evening Soul Note:

Large light blue rectangular box for writing the evening soul note.



Evening

Self Acknowledgments:

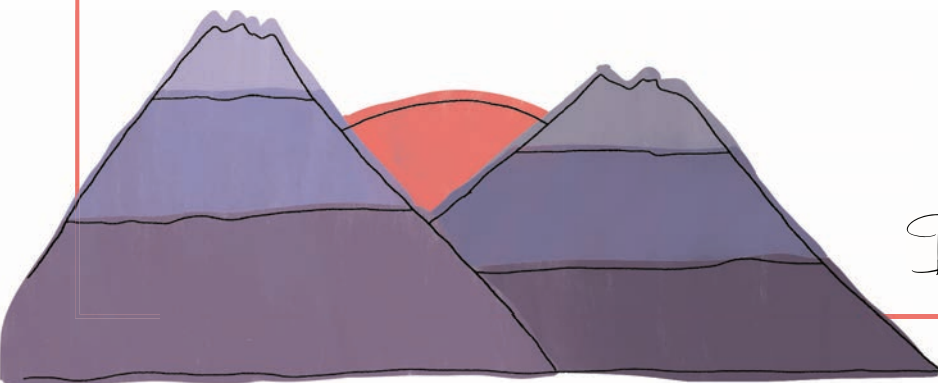
1. _____
2. _____
3. _____



Morning

First Connection Practice I chose:

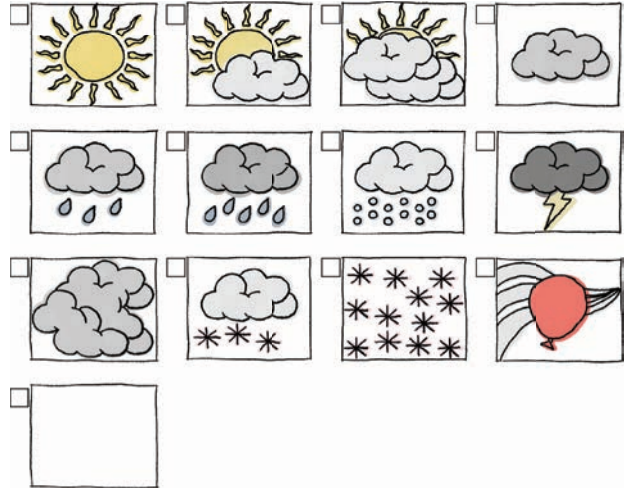
Morning Soul Note:



Date: _____

Mid-day

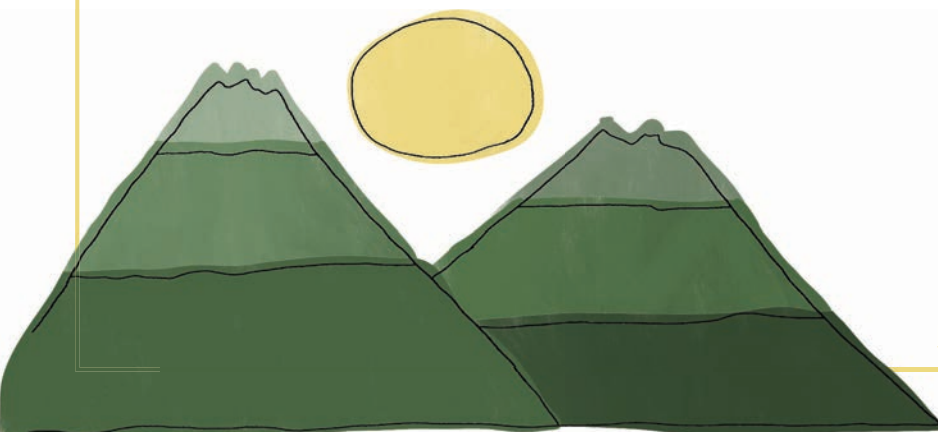
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Feelings Check-in:

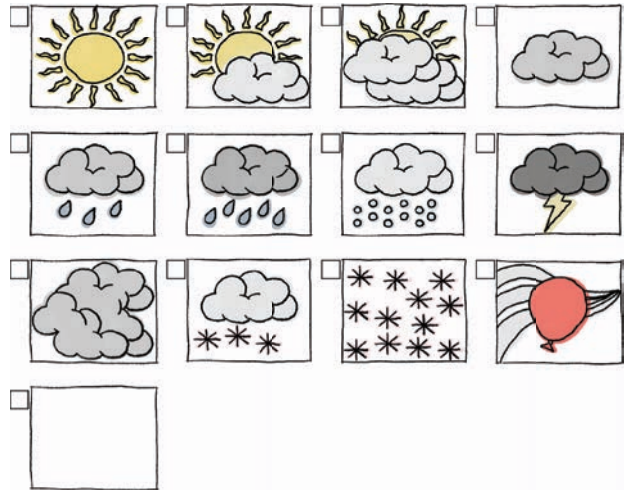
Needs Check-in:

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:

Light blue rectangular area for writing the chosen connection practice.

Evening Soul Note:

Large light blue rectangular area for writing the evening soul note.



Evening

Self Acknowledgments:

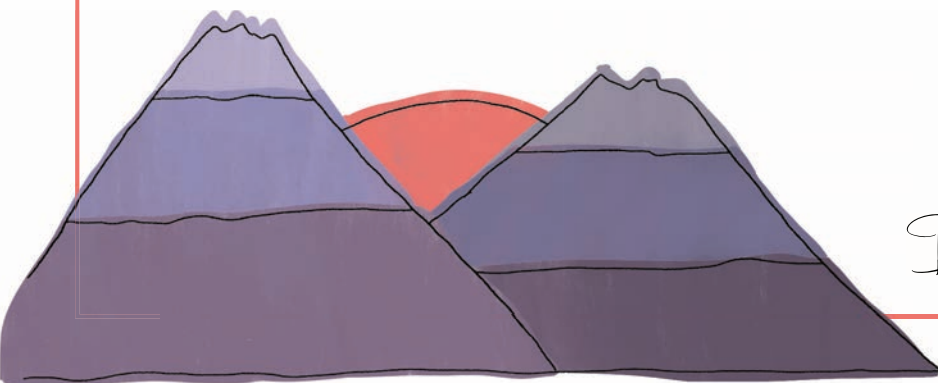
1. _____
2. _____
3. _____



Morning

First Connection Practice I chose:

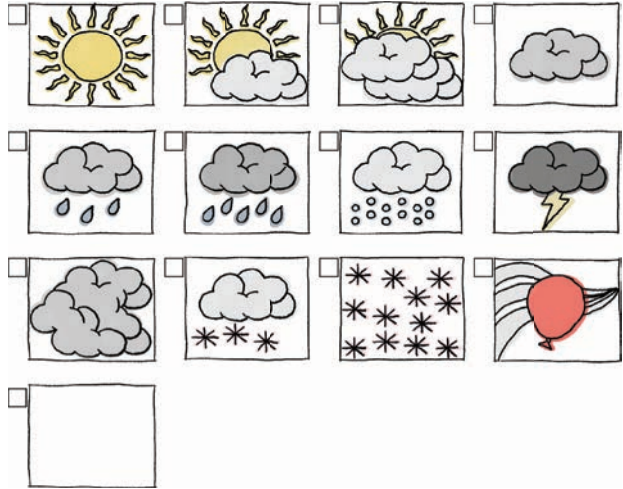
Morning Soul Note:



Date: _____

Mid-day

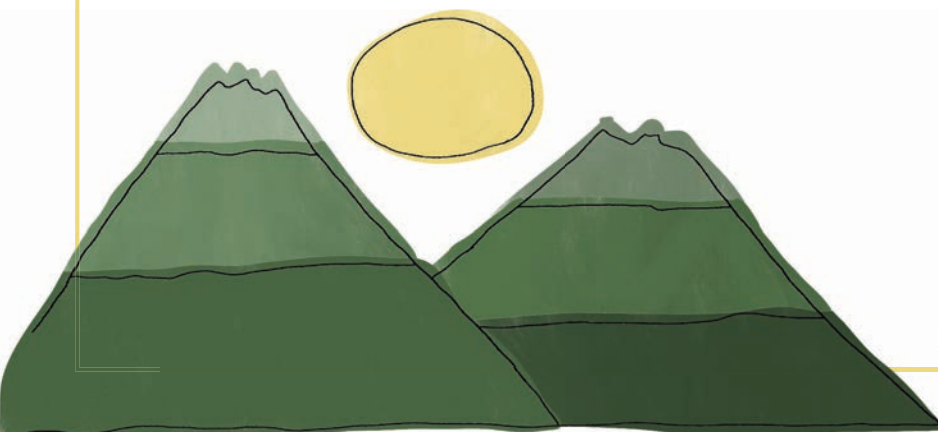
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Feelings Check-in:

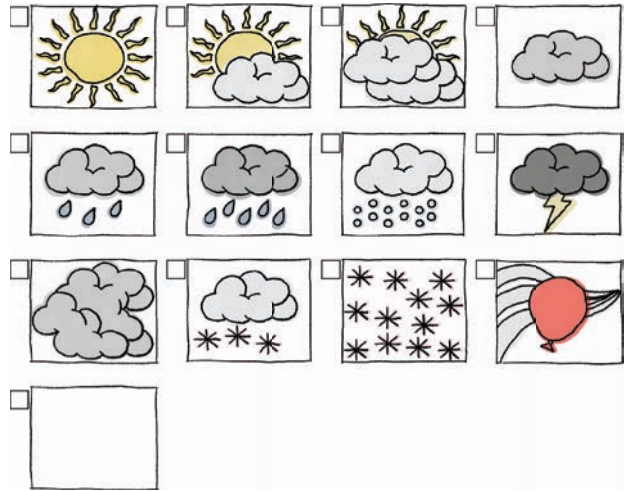
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Meeting My Needs - What could this look like?



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:

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Evening Soul Note:

Large light blue rectangular area for writing the evening soul note.



Evening

Self Acknowledgments:

1. _____
2. _____
3. _____

