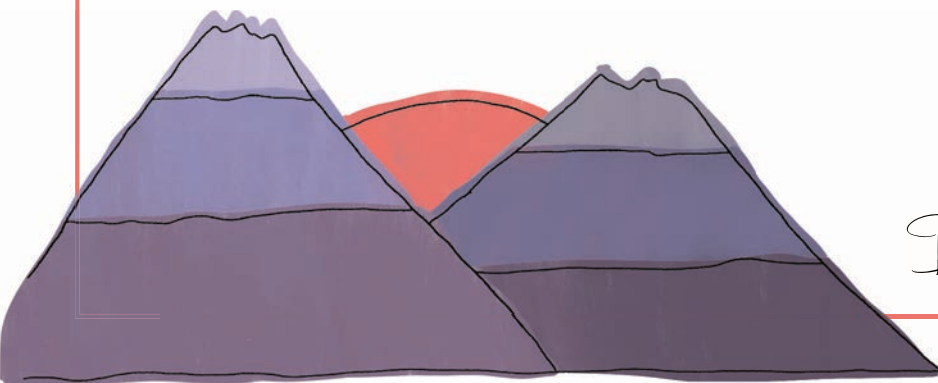


# Morning

*First Connection Practice I chose:*

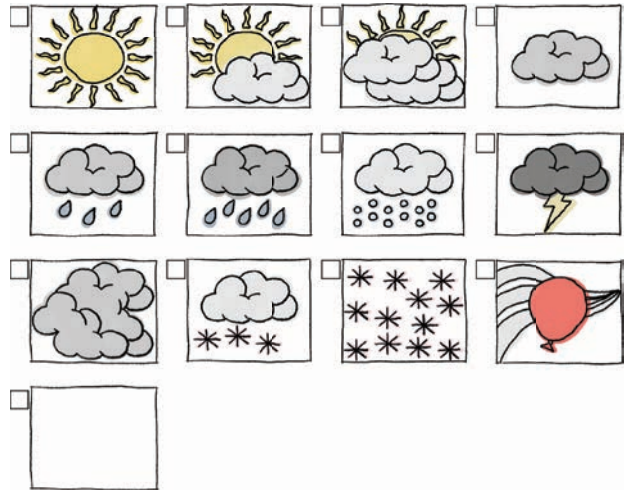
*Morning Soul Note:*



Date: \_\_\_\_\_

# Mid-day

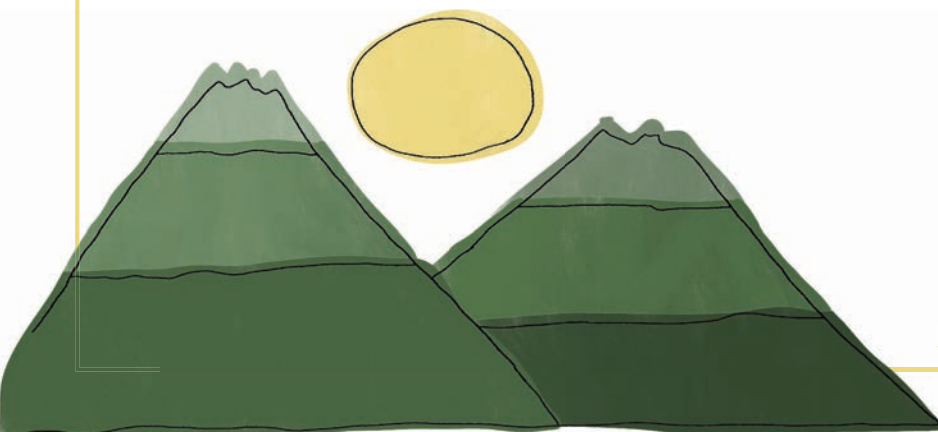
*Inner Check-in:* Take 3 slow, deep breaths, and then look at the weather images. Which one feels closest to how you feel inside?



*Feelings Check-in:*

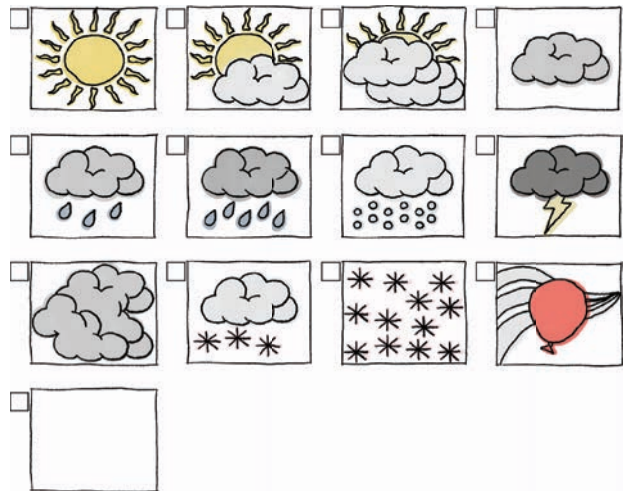
*Needs Check-in:*

*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:*

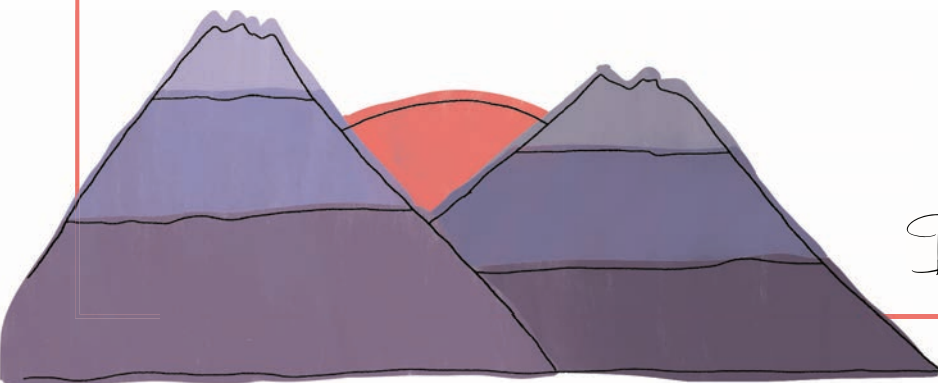
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



# Morning

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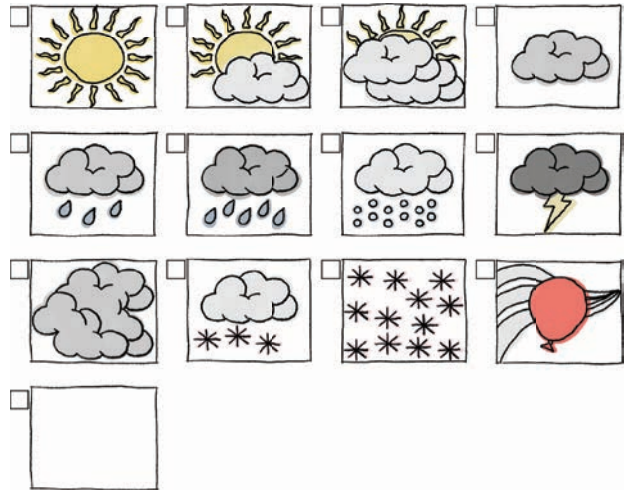
*Morning Soul Note:*



Date: \_\_\_\_\_

# Mid-day

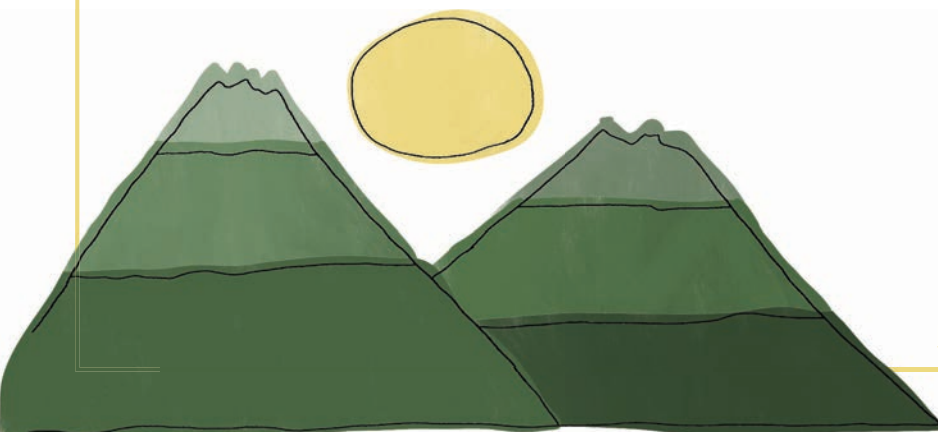
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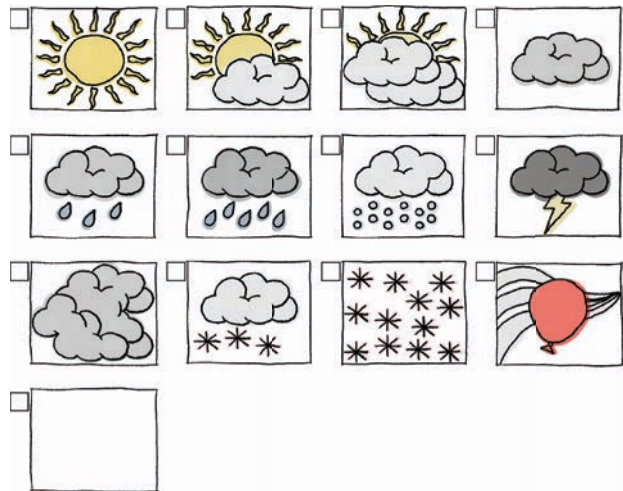
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*Evening Connection Practice I chose:*

*Evening Soul Note:*



# Evening

## *Self Acknowledgments:*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

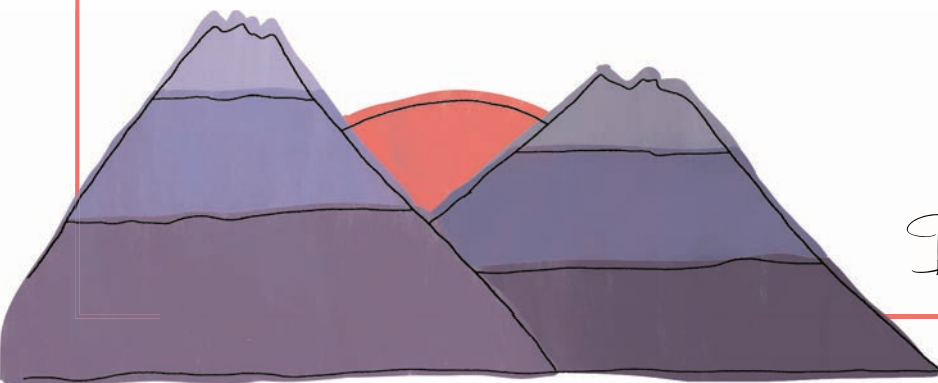




# Morning

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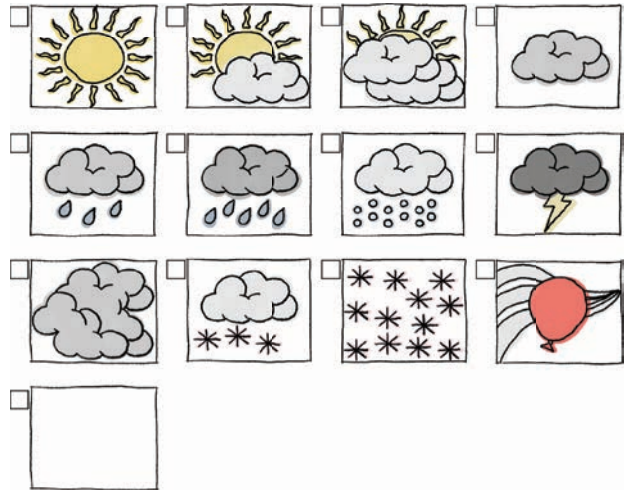
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Date: \_\_\_\_\_

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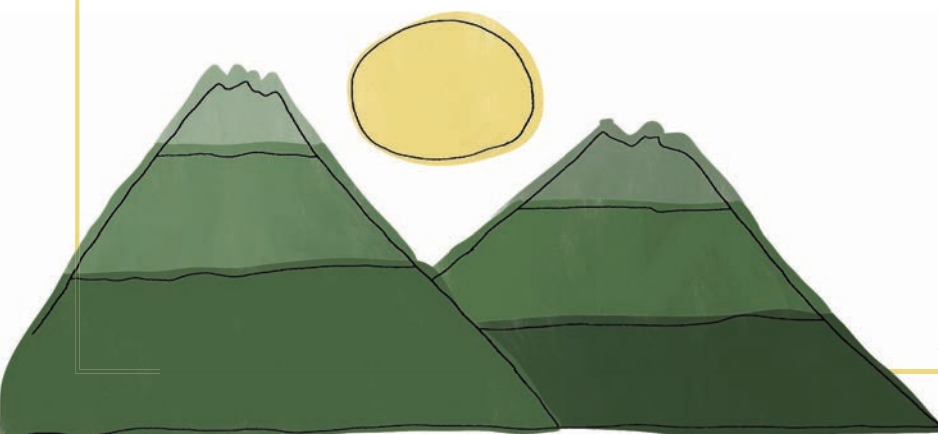
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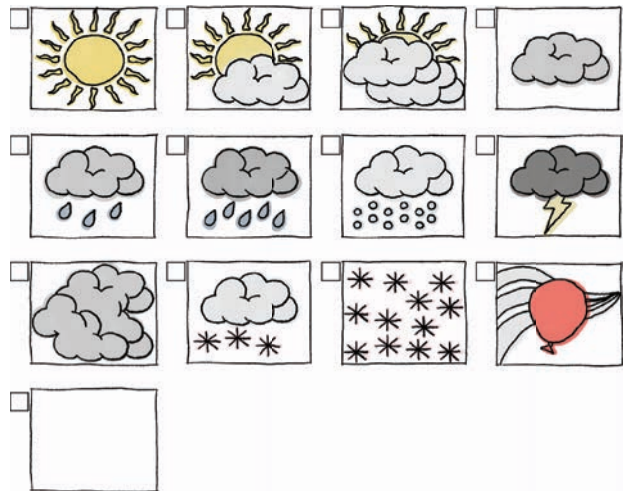
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# Evening

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*Evening Connection Practice I chose:*

*Evening Soul Note:*



# Evening

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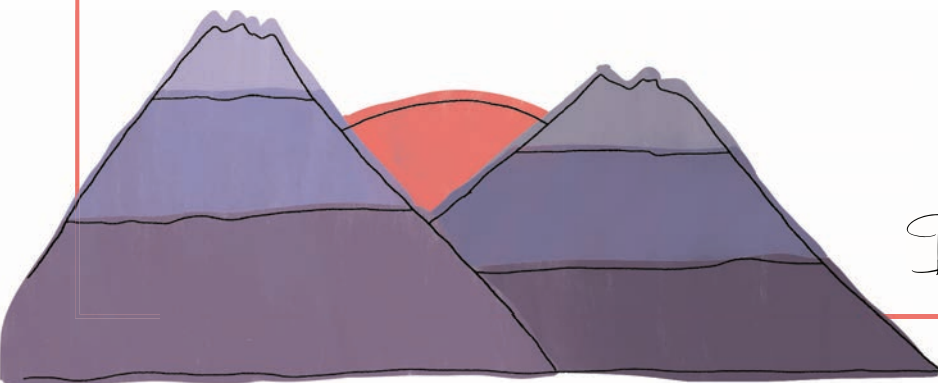
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# Morning

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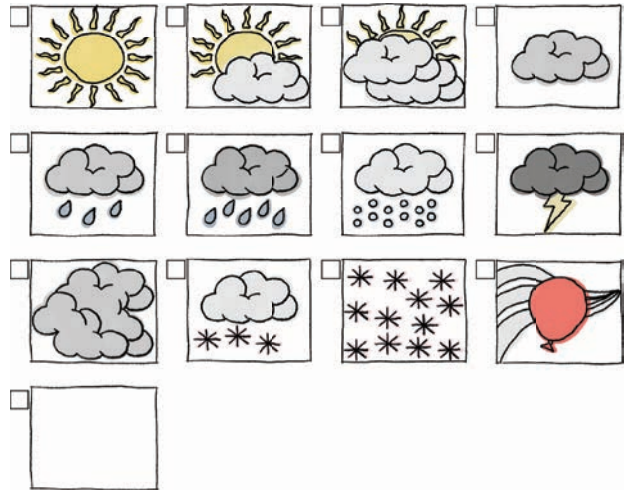
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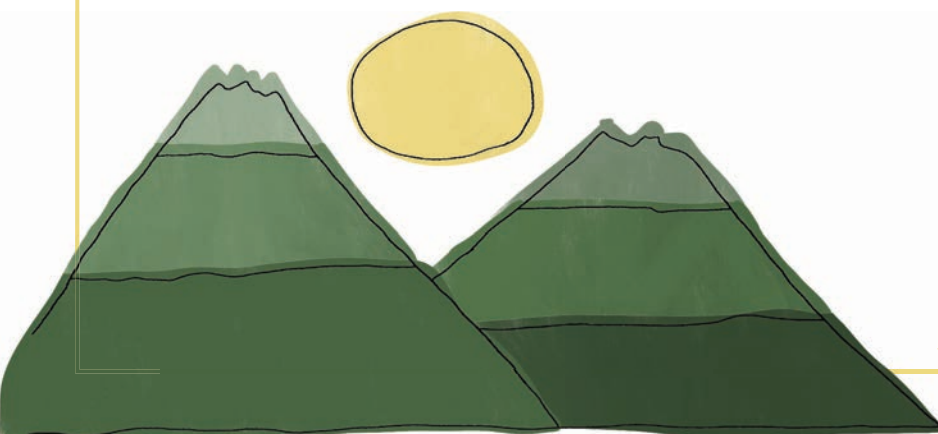
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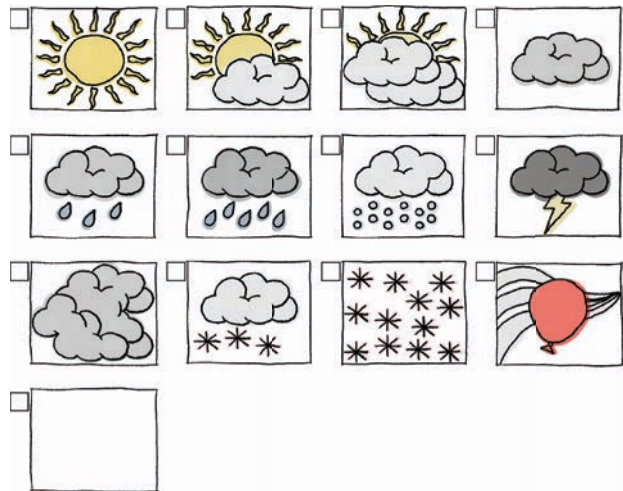
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*Evening Connection Practice I chose:*

*Evening Soul Note:*



# Evening

## *Self Acknowledgments:*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

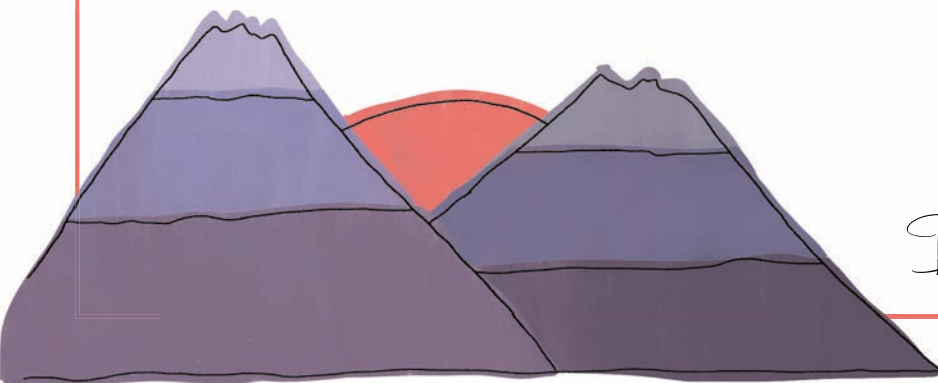




# Morning

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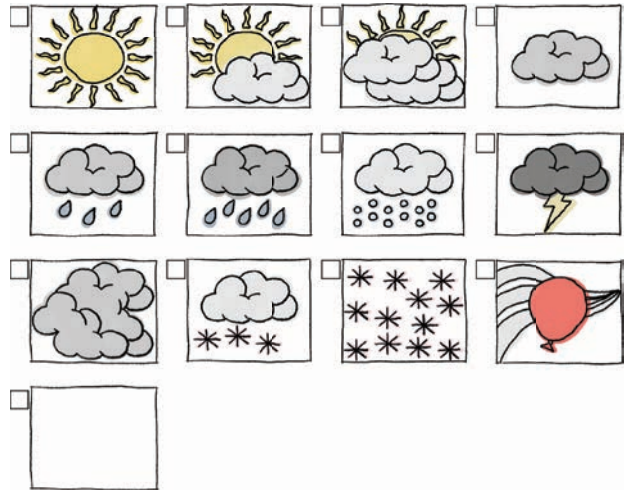
*Morning Soul Note:*



Date: \_\_\_\_\_

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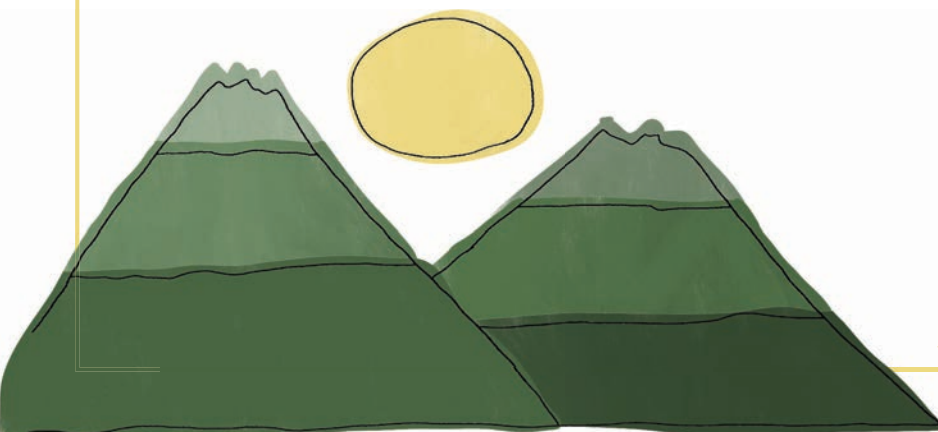
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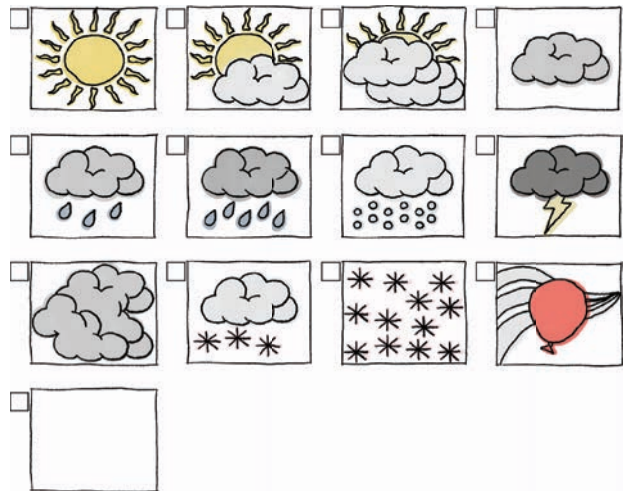
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# Evening

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*Evening Connection Practice I chose:*

*Evening Soul Note:*



# Evening

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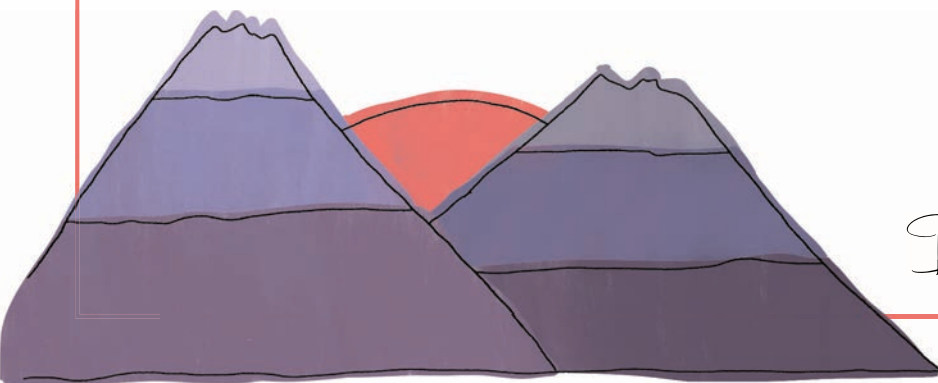
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# Morning

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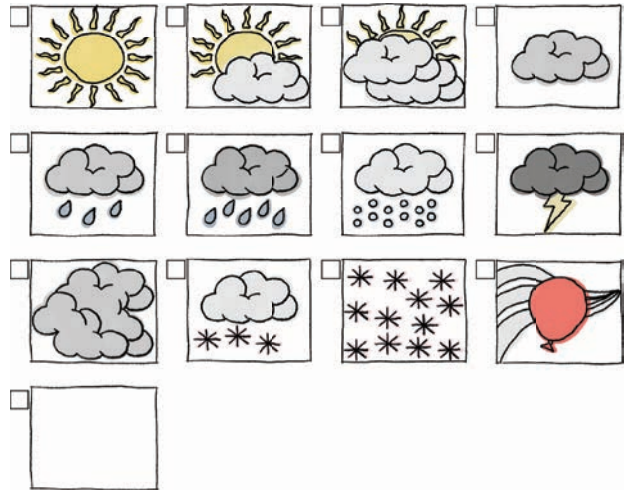
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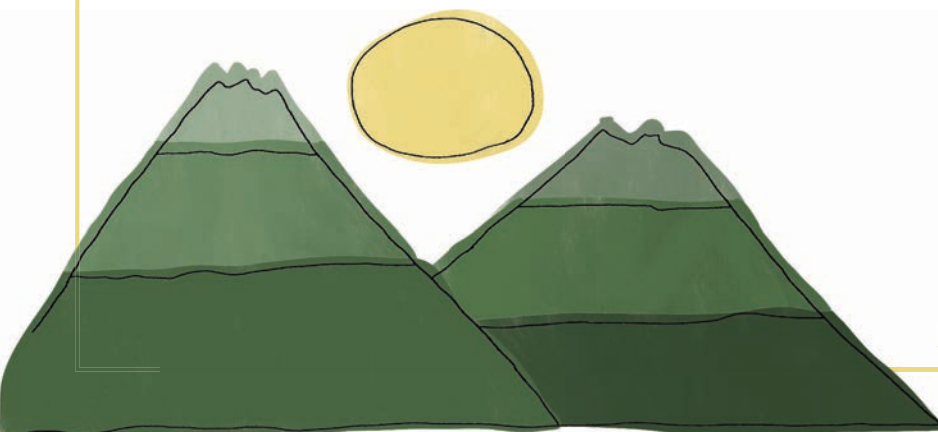
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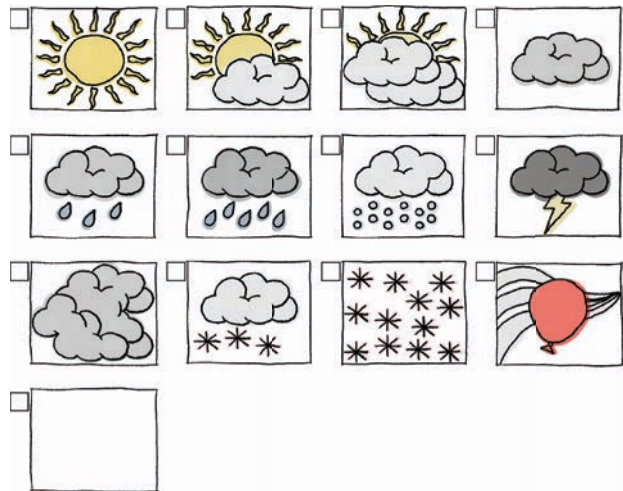
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*Evening Connection Practice I chose:*

*Evening Soul Note:*



# Evening

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1. \_\_\_\_\_
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3. \_\_\_\_\_

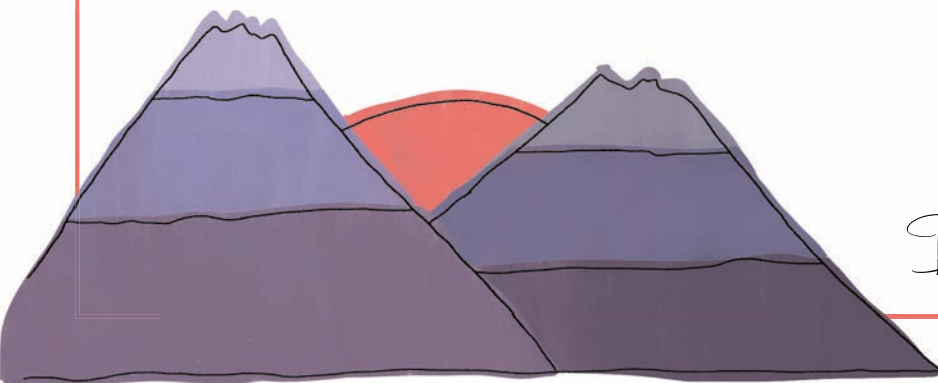




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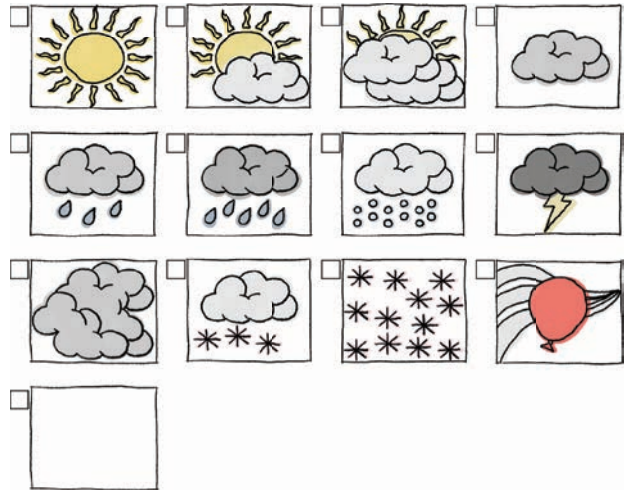
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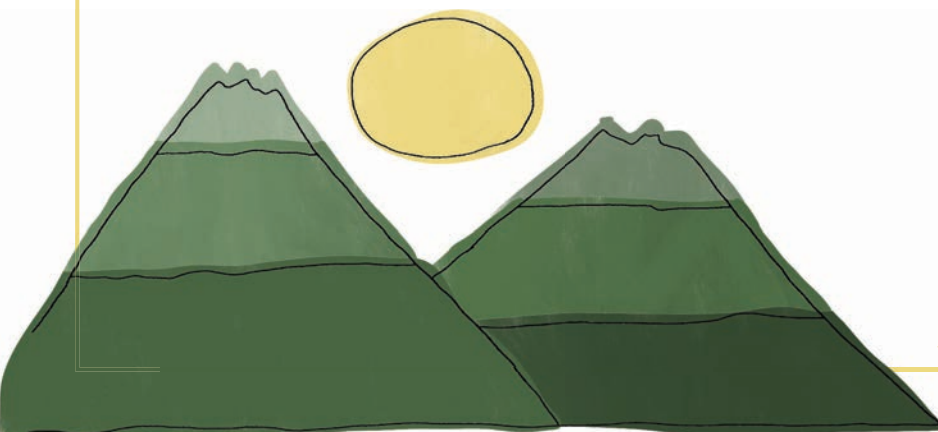
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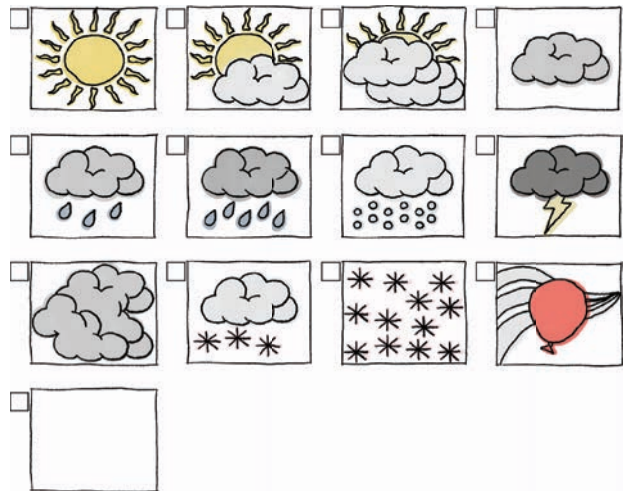
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*Evening Soul Note:*



# Evening

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1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

