

Read a Devotion	
Journalled	
Meditated	
Dedicated time cultivating my friendship with my Beloved One	
Held my sweet family, friends, church, world, animals in prayer:	
My family	
My friends	
Our church, Laurel Love	
Our world	
My sweet pets	
Held my Sweet Self with Care	
Slept (6 + hours)	
Ate well for my body (5+ veggies)	
Avoided foods not good for me	
Kept my body moving (walking, stretching, chair yoga, exercising)	
Read for fun	
Read for knowledge	
Kept up with current affairs	
Took my medicine	
Took my medicine on time	
Saw myself (even for a minute) as God does	
Let go of a grudge	
Forgave myself	
Practiced Love in the World	
Brought love forward in the world today with at least 1 act of kindness	
Spoke with tenderness, respect, kindness	
Removed judgment from my thoughts, expressions and tone	
Tried to listen and speak less	
Offered kindness	
Asked how others were doing	
Tried to seek understanding	
Connected with others	
Saw others as God sees (even for a minute)	
Offered forgiveness	
Learning/Observations:	

Challenges:	