

# HEALING

IN MY TO-DO'S  
Opens Me Up To The Good Physician

MY VALUES:

### TOP MUST 3 THINGS TO NURTURE TODAY

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Remember, you are held in all of today's doing. When overwhelm comes, **pause** & get **perspective**. Everything isn't urgent.

### SPIRIT OF TRUTH REMINDERS

*scripture, quotes, etc.*

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### THE FREEDOM TO DO LATER THIS WEEK

_____	<i>Target date</i>	<i>/</i>
_____	<i>Target date</i>	<i>/</i>
_____	<i>Target date</i>	<i>/</i>
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_____	<i>Target date</i>	<i>/</i>
_____	<i>Target date</i>	<i>/</i>

### FINDING SANCTUARY IN GRATITUDE'S HEALING

*fill in throughout the day*

_____	<i>gratitude #1</i>
_____	<i>gratitude #2</i>
_____	<i>gratitude #3</i>
_____	<i>gratitude #4</i>
_____	<i>gratitude #5</i>
_____	<i>gratitude #6</i>
_____	<i>gratitude #7</i>
_____	<i>gratitude #8</i>
_____	<i>gratitude #9</i>