THE HIVE

## SELF CARE ROUTINE

	W	WW.BEEINTHEHIVE.CC	ОМ	
		MONDAY		
AFFIRMATION	MOVEMENT  I did minutes of meaningful movement today.	I practiced mindfulness/ meditation/ gratitude today. Yes No	BRAIN POWER  I learned something new today.  YesNo	SLEEP I got hours of rest today.
		TUESDAY		
AFFIRMATION	MOVEMENT  I did minutes of meaningful movement today.	I practiced mindfulness/ meditation/ gratitude today. Yes No	BRAIN POWER  I learned something new today.  Yes No	SLEEP I got hours of rest today.
	W	EDNESDA	Υ	
AFFIRMATION	I did minutes of meaningful movement today.	meditation/ gratitude today. Yes No	I learned something new today.  Yes No	SLEEP I got hours of rest today.
	T	HURSDAY	/	
AFFIRMATION	MOVEMENT  I did minutes of meaningful movement today.	I practiced mindfulness/ meditation/ gratitude today. Yes No		SLEEP I got hours of rest today.
		FRIDAY		
AFFIRMATION	MOVEMENT  I did  minutes of	MINDFULNESS  I practiced  mindfulness/	BRAIN POWER  I learned something new	SLEEP I got hours of rest today.

meditation/

Yes\_\_\_No\_\_\_

movement gratitude today.

meaningful

today.

today.

Yes\_\_ No\_\_

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