



infuse your days
with tranquility

DAILY CHECKLIST

- morning routine
- daily dress-up
- mindful movement
- eat your veggies
- journal
- goal review
- gratitude
- evening routine

WEEKLY CHECKLIST

- plan week's MTJs
- soak in the tub
- take a digital day off
- clear clutter
- pen a love note
- buy or pick fresh flowers
- take an artist date
- savor a green juice



MONTHLY CHECKLIST

- craft month's dreams
- mani/pedi
- volunteer
- entertain
- review budget
- read two books
- create something
- massage

