WEEKLY PLAN + REFLECTION

▶ mama reset ▶

"Change is hard. But I am doing my best. I deserve love and compassion."

MON		TUE		WED		THU		FRI		SAT		SUN
Breakfast		Breakfast		Breakfast	E	Breakfast		Breakfast]	Breakfast		Breakfast
Lunch		Lunch		Lunch		Lunch		Lunch		Lunch		Lunch
Dinner		Dinner		Dinner		Dinner		Dinner		Dinner		Dinner
Movement		Movement		Movement	N	lovement		Movement	N	Movement		Movement
Gratitude		Gratitude		Gratitude		Gratitude		Gratitude		Gratitude		Gratitude
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One Success This Week

One Goal For Next Week