

MY WEEK

Your quick card — keep this one with you

⚙️ **Foundation**

Pick what you did. A blank box is just a blank box — no explaining needed.

	☀️ Morning	⚙️ Midday	🌙 Evening
Mon	☐ ☀️ Weather + learn video	☐ ⚙️ Calligraphy + budget	☐ 🖋️ Drawing + outfit
Tue	☐ 🚩 Song + hoops	☐ ⚙️ Calligraphy + offer help	☐ 🎵 Music + write line
Wed	☐ ☀️ Stretch + offer help	☐ ⚙️ Learn + puzzle	☐ 🖋️ Build site + stretch
Thu	☐ ☀️ Outfit + bike	☐ ⚙️ Write name + 5 things	☐ 🖋️ Color + low light
Fri	☐ 🚩 Stretch + make bed	☐ 🖋️ Calligraphy + build/fix	☐ 🎵 Dance + instrument
Sat	☐ ☁️ Pick anything from the menu — your choice today.		How I feel 😊 • 😞
Sun	☐ ☁️ Pick anything from the menu — your choice today.		How I feel 😊 • 😞

☀️ Wake-up 🚩 Movement ⚙️ Skill 🖋️ Creative ♥ Connect 🌙 Wind-down

Rank: ⚙️ **Foundation**
Every week you complete adds to your build. Missed weeks don't reset anything.

🌙 **Quiet Time / Connection** — prayer, meditation, or just sitting with your thoughts, whatever centers you. No box for this one. It's just yours.



Watch a video

Scan or type it in
youtube.com/watch?v=nj962-cU2PQ

This page is yours to keep. The full guide — with all the extra pages — stays with your person. Come back to it anytime.

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