## WEEKLY INTENTIONS

I WILL PERSIST IN								
I WILL A DILIST								
	112)00							
-								
4.								
5.								
6.								
	М	Т	W	Т	F	S	S	
	1 WILL.  4. 5.	1 WILL ADJUS  4. 5. 6.	1 WILL ADJUST  4. 5. 6.					

## WEEKLY INTENTIONS

WELLICET		110						
WEEK OF								
WORD OF THE WEEK								
WEEKLY FOCUS								
I WILL IMPROVE	I WILL PERSIST IN							
I WILL AVOID								
17712217 (312		115,00						
	_							
SELF-CARE PRACTICES								
1.	4.							
2.	5.							
3.	6.							
WEEKLY ROUTINES		М	Т	W	Т	F	S	S