**\_\_\_\_\_\_\_\_\_\_to\_\_\_\_\_ \_\_\_\_,\_\_\_\_ \_\_\_\_\_\_\_**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| I commit to…. | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **Week** |
| **M**editation |  |  |  |  |  |  |  |  |
| **A**ppreciation |  |  |  |  |  |  |  |  |
| **P**lanning |  |  |  |  |  |  |  |  |
| **L**ife Wheel |  |  |  |  |  |  |  |  |
| **E**xercise |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| **Results** |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |

