

## 20th Jan 2019 - 28th Feb 2019

2019 2nd Edition

40 Days Daily Logs

Addendum to the “40 days to Personal Revolution 2019” workbook

|  |  |  |  |  |  |  |  |
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| WEEK 1  ***presence*** | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| MEDITATION |  |  |  |  |  |  |  |
| BREAKFAST |  |  |  |  |  |  |  |
| SNACK |  |  |  |  |  |  |  |
| LUNCH |  |  |  |  |  |  |  |
| SNACK |  |  |  |  |  |  |  |
| DINNER |  |  |  |  |  |  |  |
| YOGA PRACTICE |  |  |  |  |  |  |  |
| MEDITATION |  |  |  |  |  |  |  |
| JOURNALLING |  |  |  |  |  |  |  |

***I CAN DO THIS!* This week, I wAnt to feel/be/have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

***I HAVE THE COURAGE!* This week, I wAnt to feel/be/have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| WEEK 2  *Vitality* | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| MEDITATION |  |  |  |  |  |  |  |
| BREAKFAST |  |  |  |  |  |  |  |
| SNACK |  |  |  |  |  |  |  |
| LUNCH |  |  |  |  |  |  |  |
| SNACK |  |  |  |  |  |  |  |
| DINNER |  |  |  |  |  |  |  |
| YOGA PRACTICE |  |  |  |  |  |  |  |
| MEDITATION |  |  |  |  |  |  |  |
| JOURNALLING |  |  |  |  |  |  |  |

***I FORGIVE MYSELF!* This week, I wAnt to feel/be/have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| WEEK 3  *equanimity* | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| MEDITATION |  |  |  |  |  |  |  |
| BREAKFAST |  |  |  |  |  |  |  |
| SNACK |  |  |  |  |  |  |  |
| LUNCH |  |  |  |  |  |  |  |
| SNACK |  |  |  |  |  |  |  |
| DINNER |  |  |  |  |  |  |  |
| YOGA PRACTICE |  |  |  |  |  |  |  |
| MEDITATION |  |  |  |  |  |  |  |
| JOURNALLING |  |  |  |  |  |  |  |

***I DESERVE TO BE HAPPY!* This week, I wAnt to feel/be/have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| WEEK 4  *restoration* | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| MEDITATION |  |  |  |  |  |  |  |
| BREAKFAST |  |  |  |  |  |  |  |
| SNACK |  |  |  |  |  |  |  |
| LUNCH |  |  |  |  |  |  |  |
| SNACK |  |  |  |  |  |  |  |
| DINNER |  |  |  |  |  |  |  |
| YOGA PRACTICE |  |  |  |  |  |  |  |
| MEDITATION |  |  |  |  |  |  |  |
| JOURNALLING |  |  |  |  |  |  |  |

***I AM SLAYING IT!* This week, I wAnt to feel/be/have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **WEEK 5**  ***centering*** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| MEDITATION |  |  |  |  |  |  |  |
| BREAKFAST |  |  |  |  |  |  |  |
| SNACK |  |  |  |  |  |  |  |
| LUNCH |  |  |  |  |  |  |  |
| SNACK |  |  |  |  |  |  |  |
| DINNER |  |  |  |  |  |  |  |
| YOGA PRACTICE |  |  |  |  |  |  |  |
| MEDITATION |  |  |  |  |  |  |  |
| JOURNALLING |  |  |  |  |  |  |  |

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| **WEEK 6**  ***triumph*** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| MEDITATION |  |  |  |  |  |  |  |
| BREAKFAST |  |  |  |  |  |  |  |
| SNACK |  |  |  |  |  |  |  |
| LUNCH |  |  |  |  |  |  |  |
| SNACK |  |  |  |  |  |  |  |
| DINNER |  |  |  |  |  |  |  |
| YOGA PRACTICE |  |  |  |  |  |  |  |
| MEDITATION |  |  |  |  |  |  |  |
| JOURNALLING |  |  |  |  |  |  |  |

***I GOT THIS!* This week, I wAnt to feel/be/have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**