

*Walking together to discover and cherish what matters most to you*

Time - Home - Meals - Boundaries - Commitments - Relationships - Parenting

Date : \_\_\_\_\_

Notes :

●● Soul - prayer, sacraments ✕

---

---

---

---

---

---

---

---

●● Mind - focus, present, breathwork ✕

---

---

---

---

---

---

---

---

●● Body - sleep, nutrition, fitness ✕

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Action Items