COSMIC ATMAN · WEEKLY PLANNER

My week

THIS WEEK'S INTENTION

Week: ____ – ____

Monday
____ / ____

Tuesday
____ / ____

Wednesday
____ / ____

Thursday
____ / ____

Friday
____ / ____

Saturday
____ / ____

Sunday
____ / ____

MY HABITS

HABIT	MO	TU	WE	TH	FR	SA	SU
Water (8 glasses)	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐
Sleep 7+ hours	☐	☐	☐	☐	☐	☐	☐
5 minutes of quiet	☐	☐	☐	☐	☐	☐	☐
Time outside	☐	☐	☐	☐	☐	☐	☐
A message to someone dear	☐	☐	☐	☐	☐	☐	☐

THIS WEEK'S MEALS (IDEAS)

AT THE END OF THE WEEK

What helped me? What will I change next week?