Mindfulness Habit Tracker

Meditation für mich



			Мо	Tu	We	Th	Fr	Sa	Su
Meditate									
Take a walk				0					
Eat mindfully				0					
Make somone									
happy				0					
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		A	Мо	Tu	We	Th	Fr	Sa	Su
Marillana.		— (\\							
Meditate		(\\\							
Take a walk									
Be grateful									
Listen									
mindfully									
mindfully									
mindfully			Mo	Tu	We	Th	Fr	Sa	Su
mindfully			Mo	Tu	We	Th	Fr	Sa	Su
Meditate			Mo	Tu	We	Th	Fr	Sa	Su
			Mo	Tu	/We	Th	Fr	Sa	Su
Meditate			Mo	Tu	We	Th	Fr	Sa	Su
Meditate Take a walk Pay attention to			Mo	Tu	/We	Th O	Fr	Sa	Su
Meditate Take a walk Pay attention to your breathe Pause before you			Mo	Tu	We	Th	Fr	Sa	Su
Meditate Take a walk Pay attention to your breathe Pause before you					•	•	•	•	•
Meditate Take a walk Pay attention to your breathe Pause before you			Mo	Tu	We	Th Th	Fr	Sa Sa Sa	Su
Meditate Take a walk Pay attention to your breathe Pause before you					•	•	•	•	•
Meditate Take a walk Pay attention to your breathe Pause before you react					•	•	•	•	•
Meditate Take a walk Pay attention to your breathe Pause before you react Meditate					•	•	•	•	•
Meditate Take a walk Pay attention to your breathe Pause before you react Meditate Take a walk Be kind to					•	•	•	•	•