

SPIRIT & STILLNESS

Month: _____ Intention: _____

DAILY RITUAL

MON

TUE

WED

THU

FRI

SAT

SUN

Morning Silence (10m)

Scripture / Reading

Gratitude Journal

Evening Reflection

7-Day Milestone

Reward: Small self-care treat

30-Day Reflection

Reward: New journal or spiritual book

"The soul always knows what to do to heal itself. The challenge is to silence the mind."