Rise & Thrive

INVEST 15-20 MINUTES DAILY

BIC Habit	S	M	T	W	T	F	S
Ate an earlier lighter dinner	☐	☐	☐	☐	☐	☐	☐
Lights out by 10:00 pm	☐	☐	☐	☐	☐	☐	☐
Up by 5:30 a.m.	☐	☐	☐	☐	☐	☐	☐
Elimination Station	☐	☐	☐	☐	☐	☐	☐
2 Min of Stillness/Breathing	☐	☐	☐	☐	☐	☐	☐
3 Min in Devotion/Gratitude	☐	☐	☐	☐	☐	☐	☐

Other Goals

-
-
-
-

You Got This

BreathingInChrist