

You will  
aspire, create, &  
bloom authentically

# PRAY & DREAM WEEKLY

P L A N N E R

*Be Faith Inspirations*

—/—  
MON

PRAYERS TODAY

PRAYER HIGHLIGHTS

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TUE

PRAYERS TODAY

I'M GRATEFUL FOR

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WED

PRAYERS TODAY

DREAMS & GOALS

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THU

PRAYERS TODAY

INNOVATIVE STRATEGIES

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FRI

PRAYERS TODAY

I'M PUTTING TO  
ACTION?

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SAT

PRAYERS TODAY

I'M RESTING IN?

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(Daily)

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

# SELF-CARE

S M T W T F S

## CHECKLIST

- WRITE & JOURNAL
- TAKE A LONG BATH
- TAKE YOUR MEDICATIONS & VITAMINS
- DO A FACE MASK
- SKINCARE ROUTINE
- CALL A FRIEND OR FAMILY
- HEALTHY MEALS
- PRAYER & MEDITATION
- GO FOR A WALK
- WATCH A MOVIE
- SOMETHING YOU'VE NEVER DONE
- CUDDLE A PET OR HUMAN
- A WALK IN NATURE
- TRY A NEW RESTAURANT
- LISTEN TO MUSIC
- MAKE TIME TO READ
- HAVE A POWER NAP
- TRY A NEW RECIPE
- SOCIAL MEDIA BREAK
- NO PHONE 30 MINS BEFORE BED

### WORKOUT

- CARDIO
- WEIGHT
- FREE DAY
- STRETCH
- REST DAY
- OTHER

### HOURS OF SLEEP (Hours)

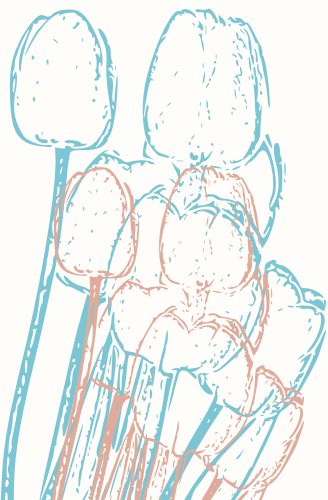


### WATER BALANCE (Glass)



THINGS THAT  
MAKE ME  
HAPPY TODAY

### MOOD





# *DREAM MAPPING*

MAKE IT HAPPEN

**WEALTH**

Progression : ○○○○

**PASSION**

Progression : ○○○○

**HEALTH**

Progression : ○○○○

**LOVE**

Progression : ○○○○

**FAMILY**

Progression : ○○○○

**CAREER**

Progression : ○○○○