

PLANTING AND PRUNING:

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Directions: Make sure your goals are measurable. Write down your goals on the left. Then give yourself a check for every day you do it. Don't expect perfection; just do your best.

Pruning: Freeing My Heart, Letting Go of..

"I will fast from refined sugar and white flour."
"I will stop drinking coffee, alcohol, smoking, etc."

2/14-2/20

2/21-2/27

2/28-3/6

3/7-3/13

3/14-3/20

3/21-3/27

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Planting: Feeding My Heart

"I will do 10 minutes of yoga or moderate exercise."
"I will listen to a guided meditation for 10 minutes."

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Pruning: Eliminating Negative Stimulation

"I will stop listening to talk radio, watching..."
"I will limit social media to 20 minutes a day."

<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Planting: Choosing Seeds of Love

"I will do 3 'protected special times' with..."
"I will do one 'caring behavior' for my spouse/day."

<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>