My Daily Schedule

Jenora

DAYS	ACTIVITY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	HOBBIES
AM																																	
ANYTIME																																	
PM																																	

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DAYS	ACTIVITY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	HOBBIES
AM	mindfulness																																gym
	gym																																walking
	swimming																																riding the bike
	morning walk																																massage
	reading Just for Today																																swimming
	reading the Big Book																																sunbathing
	reading Today's Gift																																gardening
	listening to funny stuff																																reading
	eating healthy breakfast																																listening to music
																																	at home exercises
																																	family time
ANYTIME	breathing																																photography
	meditation																																shopping
	me time																																traveling
	shopping																																dancing
	eating healthy																																relaxing (e.g. TV)
	meet sober friend																																cooking
	call sober friend																																painting away
	hobbies																																painting at home
	listening to music																																interior decorating
	AA meeting																																crafts
	call sponsor																																hiking
	studies																																sightseeing
	massage																																socializing
																																	board games
PM	my at home exercises																																having a nice tea
	gratitude list																																taking a bath
	positive affirmations																																eating out
	ABC if needed																																writing journal
	resentment table																																
	journaling																																
	evening mindfulness																																
	taking supplements																																