



UpFromTheWell

Medium Tracked – Weekly Version

Week 1

- Name one thing to be grateful for each morning.
- Repeat one affirmation a day.
- Name one good thing that has happened to you each day.
- Do one of the other 'small things' one day this week.

Week 2

- Name two things to be grateful for each morning.
- Repeat two affirmations a day.
- Name two good things that have happened to you each day.
- Deep Breathe/Meditate for 1 minute one day this week.
- Do one 5-minute stretch/yoga session this week.
- Do one of the other 'small things' one day this week.

Week 3

- Name three things to be grateful for each morning.
- Repeat three affirmations a day.
- Name three good things that have happened to you each day.
- Deep Breathe/Meditate for 2 minutes two-three days this week.
- Do a 10-minute stretch/yoga session two-three days this week.
- Do one of the other 'small things' one day this week.

Week 4

- Name three things to be grateful for each morning.
- Repeat three affirmations a day.
- Name three good things that have happened to you each day.
- Deep Breathe/Meditate for 3-5 minutes three-four days this week.
- Do a 15-20-minute stretch/yoga session three-four days this week.
- Do one of the other 'small things' one day this week.

Congratulations on making it through! You should be so proud of yourself!