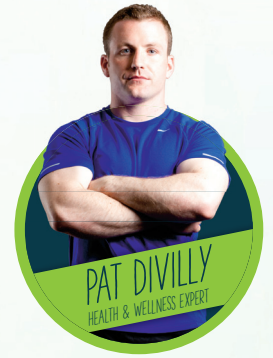


RESTART



SIMPLY TICK THE BOX IF YOU HAVE COMPLETED 10 MINUTES OF MEDITATION & YOUR GRATITUDE JOURNAL

MINDFULNESS SCHEDULE

WEEK 1

WEEK 2

WEEK 3

JOURNAL

MEDITATION

JOURNAL

MEDITATION

JOURNAL

MEDITATION

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday



MORE INFORMATION AT [CENTRA.IE/RESTART](https://centra.ie/restart)