

Goddess Activities for the Week 3	Completed?	Task
Input Calendar for the week	☐	1
READ OVER JOURNAL PROMPTS FOR THE WEEK	☐	2
schedule a day and time to do them	☐	3
Monday		
	☐	4
GODDESS AFFIRMATIONS	☐	5
WALK/JOG - 7 MIN	☐	6
Ballet Warm Up	☐	7
INTRO TO JUGGLING		
TUESDAY		
HIIT	☐	8
FLOW - 5 MIN	☐	9
Wednesday		
GODDESS AFFIRMATIONS	☐	10
WALK/JOG - 8 MIN	☐	11
BELLYDANCE WARM UPS	☐	12
Ritual /Meditative journaling - this can be done anytime during the week	☐	13
Thursday		
INTRO TO MEDITATION - 7 MIN	☐	14
OUTDOOR HIK/	☐	15
Goddess Circle	☐	16
DOWNLOAD THE AFFIRMATION CREATION WORKSHEET	☐	17
Friday		
Confidence Affirmations	☐	18
Guided Recovery Meditation	☐	19
TWAVE CHOREO 2	☐	20
Saturday		
GODDESS AFFIRMATIONS	☐	21
WALK/JOG - 8	☐	22
Introduction to Free Dance	☐	23
Sunday		
ELEMENTAL MED	☐	24
WATER YOGA	☐	25
Complete the Weekly Review	☐	26
TOTAL	NUMBER	
Did you complete at least 21 tasks this week to meet 80% goal?	☐	