people to pray for

Sunday Wednesday
Monday Thursday
Tuesday Friday Shabbat

today's date

/ /

today's must-do items

1.
2.
3.
4.

appointments

1.
2.
3.
4.
5.

other to-dos

shopping list

today I'm grateful for...

I nourish my body

FOOD
MOOD
MOVEMENT

H²O

I nourish my soul

ME & MYSELF | ME & THE WORLD | ME & MY CREATOR

Prayers • Mindfulness • Inspiring Stories • Kindness • Shabbat

© my path בשביל Vichna Belsky (914) 200-3676 www.MyPathBishvili.com MyPathBishvili@gmail.com

people to pray for

Sunday Wednesday
Monday Thursday
Tuesday Friday Shabbat

today's date

/ /

today's must-do items

1.
2.
3.
4.

appointments

1.
2.
3.
4.
5.

other to-dos

shopping list

today I'm grateful for...

I nourish my body

FOOD
MOOD
MOVEMENT

H²O

I nourish my soul

ME & MYSELF | ME & THE WORLD | ME & MY CREATOR

Prayers • Mindfulness • Inspiring Stories • Kindness • Shabbat

© my path בשביל Vichna Belsky (914) 200-3676 www.MyPathBishvili.com MyPathBishvili@gmail.com