

## MY SECRET CHECKLIST.

	WEEK 1							WEEK 2							WEEK 3							WEEK 4							WEEK 5						
	S	M	T	W	R	F	S	S	M	T	W	R	F	S	S	M	T	W	R	F	S	S	M	T	W	R	F	S	S	M	T	W	R	F	S
EXCITEMENT.																																			
WONDER.																																			

  

FEEL GOOD IN YOUR HEART TO BE A WOMAN (LIKE LITERALLY <i>LOVING</i> BEING A WOMAN).																													
	SUNDAY				MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				
WEEK 1																													
WEEK 2																													
WEEK 3																													
WEEK 4																													
WEEK 5																													

  

SHOW YOUR APPRECIATION TOWARDS SOMETHING.																																			
	WEEK 1							WEEK 2							WEEK 3							WEEK 4							WEEK 5						
	S	M	T	W	R	F	S	S	M	T	W	R	F	S	S	M	T	W	R	F	S	S	M	T	W	R	F	S	S	M	T	W	R	F	S

  

SEE SOMETHING BEAUTIFUL WITH YOUR EYES.																																			
	WEEK 1							WEEK 2							WEEK 3							WEEK 4							WEEK 5						
	S	M	T	W	R	F	S	S	M	T	W	R	F	S	S	M	T	W	R	F	S	S	M	T	W	R	F	S	S	M	T	W	R	F	S

  

<i>Calmness.</i>																																			
	WEEK 1							WEEK 2							WEEK 3							WEEK 4							WEEK 5						
	S	M	T	W	R	F	S	S	M	T	W	R	F	S	S	M	T	W	R	F	S	S	M	T	W	R	F	S	S	M	T	W	R	F	S

  

HAVE A SENSUAL EXPERIENCE.																													
	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY																
	MORN.	EVE.	MORN.	EVE.	MORN.	EVE.	MORN.	EVE.	MORN.	EVE.	MORN.	EVE.	MORN.	EVE.															
WEEK 1																													
WEEK 2																													
WEEK 3																													
WEEK 4																													
WEEK 5																													

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