

# CONSCIOUS CAREGIVING PROGRAMS

## Rule of 5

### RULE OF 5

At the beginning of each day, write down 5 things you will do that will move you closer to your most important goal.

Week 1

Week 2

<b>MONDAY</b> 1. 2. 3. 4. 5.	<b>MONDAY</b> 1. 2. 3. 4. 5.
<b>TUESDAY</b> 1. 2. 3. 4. 5.	<b>TUESDAY</b> 1. 2. 3. 4. 5.
<b>WEDNESDAY</b> 1. 2. 3. 4. 5.	<b>WEDNESDAY</b> 1. 2. 3. 4. 5.
<b>THURSDAY</b> 1. 2. 3. 4. 5.	<b>THURSDAY</b> 1. 2. 3. 4. 5.
<b>FRIDAY</b> 1. 2. 3. 4. 5.	<b>FRIDAY</b> 1. 2. 3. 4. 5.