

SESSION MENU

 MAPS OF THE MIND

INTENTIONS:

DATE:

THINGS TO DO

• _____ _____	• _____ _____
• _____ _____	• _____ _____
• _____ _____	• _____ _____

THINGS TO LISTEN TO

• _____ _____	• _____ _____
• _____ _____	• _____ _____
• _____ _____	• _____ _____

THINGS TO WATCH

• _____ _____	• _____ _____
• _____ _____	• _____ _____

OTHER THINGS

FOOD & SNACKS

• _____ _____	• _____ _____
• _____ _____	• _____ _____
• _____ _____	• _____ _____

BREATHE :)