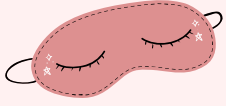
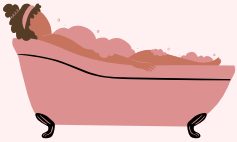


Your everyday Checklist for next month to Widen your WOT



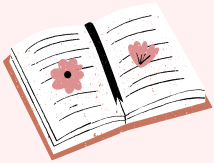
Follow a fixed sleeping time



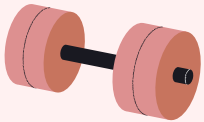
A regular bath at any cost



Track what you eat



Read 5 pages everyday



Move your body



5 things you are grateful for



Basic skincare



Try journaling.

Do it daily. For the next 30 days without questioning.
You'll see the results.