**~ Community Immunity ~ Worksheet - April 2020**

Pick what resonates. If you do ONE new thing consistently you are winning. Be open to seeing your patterns of achievement, and resistance!

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| **Immune System Boosting Activity** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
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***Remember:*** *you OBVIOUSLY don’t have to do all the suggestions - this isn’t about overwhelm and overload: it's about creating momentum and motivation. As ever - you do YOU!*