## IAMAWELLBEINGWARRIOR.COM

## ~ 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!

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

**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!