

Spiritual Rhythms Calendar

Updated _____

ANNUAL RHYTHM

January
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February
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March
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April
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May
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June
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July
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August
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September
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October
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November
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December
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MONTHLY RHYTHM

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WEEKLY RHYTHM

Monday
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Tuesday
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Wednesday
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Thursday
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Friday
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Saturday
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Sunday
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DAILY RHYTHM

<u>Morning</u> (Do 1 or more of following)	<u>Daytime</u> (Do 1 or more of following)
• • • •	• • • •
	<u>Evening</u> (Do 1 or more of following)
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