

REAPing Women

A daily practice for a vibrant and fruitful life

June 2026

	MON	TUE	WED	THU	FRI	SAT	SUN
Week 1	1 Map your current relationships — who energises you?	2 Write your 'before' story — where are you truly starting from?	3 Identify your emotional eating triggers honestly	4 Audit your current activity level without self-criticism	5 Identify your biggest sleep disruptor and name a solution	6 Let go of one worry that is beyond your control today	7 Write your week's wins — however small they seem
Week 2	8 Schedule a proper catch-up — not just a text	9 Explore your relationship with perfectionism honestly	10 Explore what 'eating wholesomely' means for your body	11 Move your body for 15 minutes — any form counts	12 Reflect: is rest a reward or a necessity in your current life?	13 Implement a daily emotional check-in — 2 minutes, twice a day	14 Set SMART micro-goals for each CHEERS pillar this week
Week 3	15 Build a support network map — who do you lean on?	16 Build a 'when-then' implementation plan for one change	17 Eat breakfast intentionally — how does it set your day?	18 Build rest days into your movement plan without guilt	19 Practise a full rest day — one day with no productive agenda	20 Explore the connection between stress and physical health	21 Prepare your space, your meals, your mind — Sunday as a gift
Week 4	22 Host a gathering, small or large, real or virtual	23 Build a new morning or evening anchor ritual	24 Celebrate the ways you've already improved your nutrition	25 Review your movement habits over the past 6 months	26 Identify which rest habits have genuinely shifted your energy	27 Assess: what still triggers you and why?	28 Identify your top three breakthroughs from the first half of the year
Week 5	29 Have a courageous conversation you've delayed too long	30 Identify the next level of transformation calling you forward					