




































# Matinée de pleine conscience de 10 minutes

## traqueur d'habitude

Lundi	 <input type="radio"/> gratitude	 <input type="radio"/> silence	 <input type="radio"/> connection	 <input type="radio"/> intention	 <input type="radio"/> croissance
Mardi	 <input type="radio"/> gratitude	 <input type="radio"/> silence	 <input type="radio"/> connection	 <input type="radio"/> intention	 <input type="radio"/> croissance
Mercredi	 <input type="radio"/> gratitude	 <input type="radio"/> silence	 <input type="radio"/> connexion	 <input type="radio"/> intention	 <input type="radio"/> croissance
Jeudi	 <input type="radio"/> gratitude	 <input type="radio"/> silence	 <input type="radio"/> connexion	 <input type="radio"/> intention	 <input type="radio"/> croissance
Vendredi	 <input type="radio"/> gratitude	 <input type="radio"/> silence	 <input type="radio"/> connexion	 <input type="radio"/> intention	 <input type="radio"/> croissance
Samedi	 <input type="radio"/> gratitude	 <input type="radio"/> silence	 <input type="radio"/> connexion	 <input type="radio"/> intention	 <input type="radio"/> croissance
Dimanche	 <input type="radio"/> gratitude	 <input type="radio"/> silence	 <input type="radio"/> connexion	 <input type="radio"/> intention	 <input type="radio"/> croissance

