

ALTAR

GRATITUDE GUIDE

URBAN SIREN
CREATIVE

ALTAR PENDANT
[WWW.SPREESY.COM/
URBANSIREN](http://WWW.SPREESY.COM/URBANSIREN)

MONDAY

GROUND

List of weekend
highlights
MORNING

Confirm
collaborations
AFTERNOON

Favorite family recipe
EVENING

TUESDAY

CULTIVATE

Choose ancestor's
picture/item for
inspiration
MORNING

Sketch/hammer/
manifest it
AFTERNOON

Call family member
to catch up on life
EVENING

WEDNESDAY

IMPLEMENT

Wake early, try to
catch sunrise
MORNING

Fulfill orders
AFTERNOON

Gaze at the stars
EVENING

THURSDAY

EXPLORE

Walk a different way
to destination
MORNING

Expand your audience
AFTERNOON

Mix and mingle at an
event
EVENING

FRIDAY

CELEBRATE

Write to a relative,
living or deceased
MORNING

Dream up a new
endeavor
AFTERNOON

List workweek's
highlights
EVENING