

SELF-CARE

journal

THE THREE PILLARS OF LIFE

WORKBOOK

A workbook designed to help you
create and practically apply

the best self-care

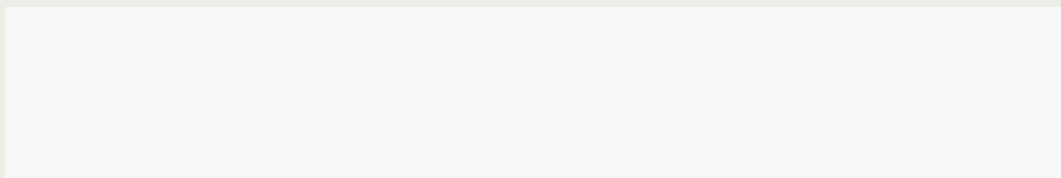
routine for you.

Welcome to a life-changing journey and a space devoted to you and your true self. You have stepped into a portal designed to free you from limitations imposed by others and those you have placed upon yourself. This journey is about returning to the blank slate and open book you were before life began, embracing transformation and liberation. It's about refining your self-image, releasing old stories, and opening up to new possibilities of who you choose to be.

This workbook accompanies your Self-Care Journal eBook. Print it to consistently practice your daily exercises. Remember, to become a new you, you must let go of old, unhealthy habits and cultivate new ones that foster positive life changes, designing a better, more fulfilling life.

Welcome to the journey...

THIS JOURNAL BELONGS TO



COMMIT

TO YOURSELF

Life comes with a lot of temptations. Every day brings many chances for us to forget our intentions and give up on our goals. How committed are you to yourself?

Will you prioritize self-care in your life regardless of the temptations that may arise? Read carefully the commitment letter on the opposite page and sign the commitment when you are ready.

I, _____, promise, from this moment forward, to accept and understand that I am perfectly enough just as I am. I trust my own inner power and I commit to love and support my “self” the same way I do my friends & loved ones.

I promise to give myself the kindest possible advice and pay little heed to the critical voice in my head. I promise to treat my mind and body with love and respect by striving to always take care of my physical, mental and spiritual needs.

I'll stop putting others' needs before my own; instead, I'll always seek to fill my cup before I can pour into others.

I acknowledge that by being my best 'self,' I can have a greater impact on those around me. I fully allow myself to actively discover and seek out my dreams and passions and to pursue them with energy and enthusiasm.

I promise myself to focus on being grateful and feeding my mind with healthy, positive thoughts. I aim to take time for myself, become more active, and do for others without expectation of anything in return.

I promise to learn to truly love ME - to improve my overall well-being by daily practice of self-care. I vow to say kind things to myself and others and offer forgiveness and understanding. I commit to growing as a person and continuously cultivating and creating new dreams and aspirations.

Starting now, I'll always remember the importance of self-care. My needs are critical. My dreams and goals are vital.

My life is important.

Signature

SELF- ASSESSMENT

Track your journey, and let these insights empower you to make the changes that align with your well-being goals.

On a scale of 1-10, where 1 signifies the least satisfaction or achievement and 10 represents the most, assess yourself across various dimensions of your life. Approach this self-rating with honesty, and consider revisiting these areas regularly, perhaps monthly, to observe your progress and recognize where you need to focus your self-care efforts. Use your ratings as a guide to prioritize improvements and celebrate your growth. Remember to practice self-compassion throughout this process, recognizing that each step of self-awareness is a step towards a healthier, more fulfilled you.

STRESS LEVELS

Month 1

1	2	3	4	5	6	7	8	9	10
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Month 2

1	2	3	4	5	6	7	8	9	10
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Month 3

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SLEEP QUALITY

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Month 3

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BODY HEALTH

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Month 3

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MENTAL HEALTH

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Month 2

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Month 3

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PHYSICAL FITNESS

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Month 3

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NUTRITION AND HYDRATION

Month 1

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Month 2

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Month 3

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JOY AND PLEASURE

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Month 2

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Month 3

1	2	3	4	5	6	7	8	9	10
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SOCIAL RELATIONSHIPS

Month 1

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Month 2

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Month 3

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ROMANTIC RELATIONSHIPS

Month 1

1	2	3	4	5	6	7	8	9	10
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Month 2

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Month 3

1	2	3	4	5	6	7	8	9	10
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PERSONAL GROWTH

Month 1

1	2	3	4	5	6	7	8	9	10
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Month 2

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Month 3

1	2	3	4	5	6	7	8	9	10
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LIVING ENVIRONMENT

Month 1

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Month 2

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Month 3

1	2	3	4	5	6	7	8	9	10
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SELF-RESPECT

Month 1

1	2	3	4	5	6	7	8	9	10
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Month 2

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Month 3

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CONFIDENCE

Month 1

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Month 2

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Month 3

1	2	3	4	5	6	7	8	9	10
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SPIRITUAL SELF -CARE

Month 1

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Month 2

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Month 3

1	2	3	4	5	6	7	8	9	10
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KNOWING MYSELF

This page is designed to guide you through introspection, celebrating your joys, strengths, and areas for growth. Reflect on these prompts to better understand your emotions, relationships, and what truly matters to you. It's a step towards self-awareness and embracing your authentic self.

I'M HAPPIEST WHEN

MY GREATEST STRENGTH

I AM AT MY BEST WHEN

I NEED TO WORK ON

I'M ASHAMED OF

I'M WORRIED ABOUT

I FEEL SAFEST WHEN

THE PERSON THAT DRAINS MY ENERGY

THE PERSON THAT BRINGS ME JOY

THE PERSON THAT MATTERS TO ME THE MOST

THE THING THAT KEEPS ME GROUNDED

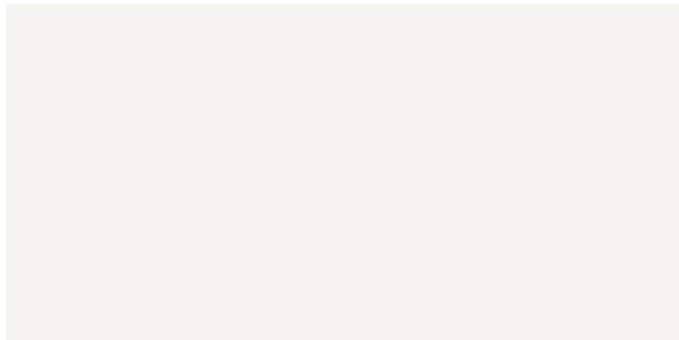
I AM JEALOUS ABOUT

THINGS I DO FOR

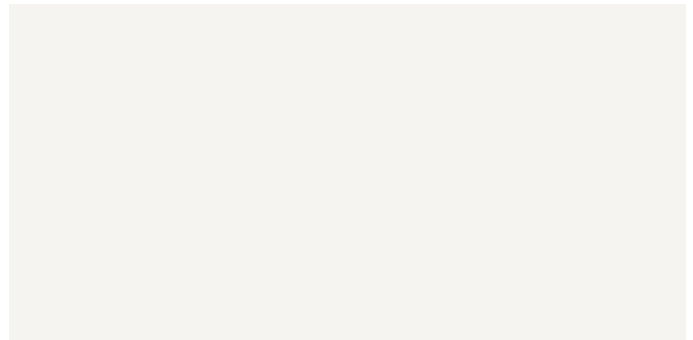
MYSELF NOW

Pause and make a list of the things you're currently doing for self-care. Whether it's a new hobby, a quiet moment of meditation, or simply treating yourself to your favorite coffee, recognizing these actions is the first step in acknowledging and expanding the love you give to yourself. This is your space to celebrate the steps you're taking to nurture and flourish.

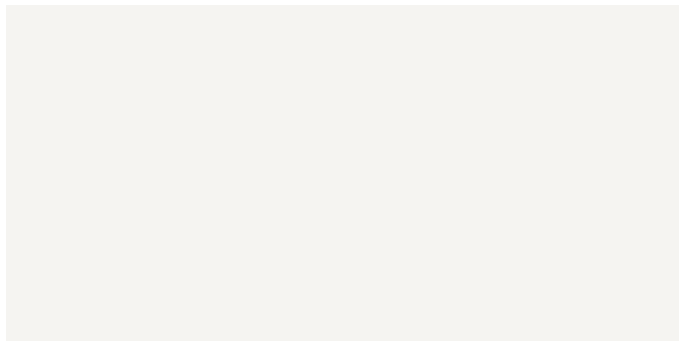
BODY



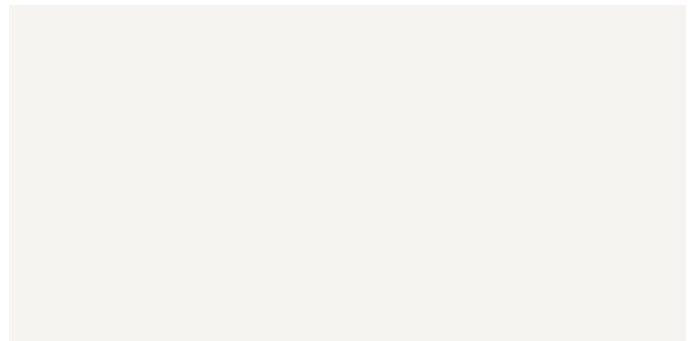
MENTAL WELL-BEING



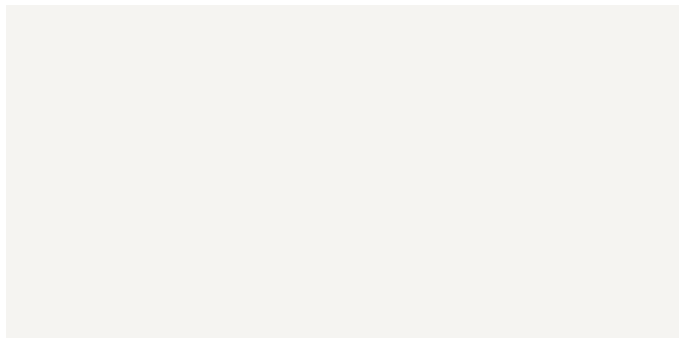
JOY AND FUN



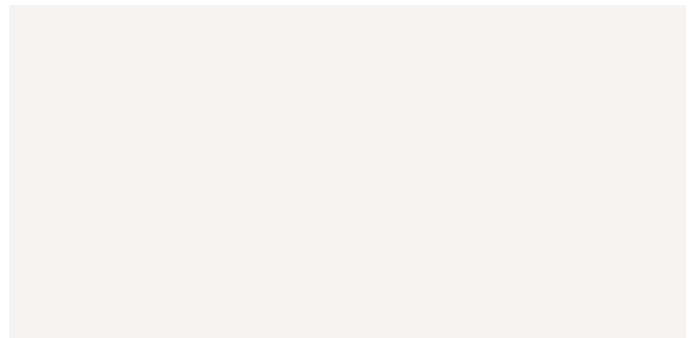
ENVIRONMENT



RELATIONSHIPS



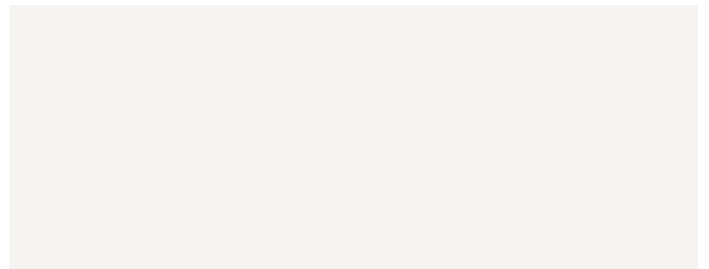
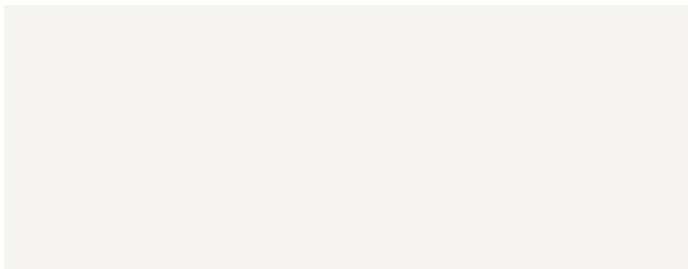
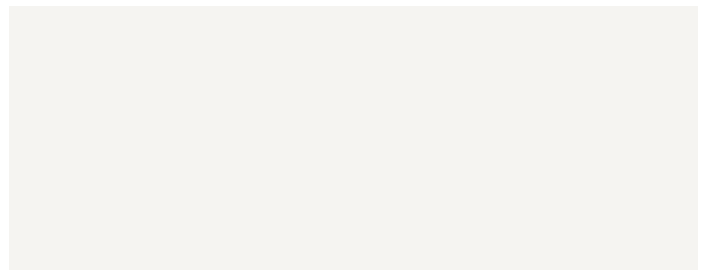
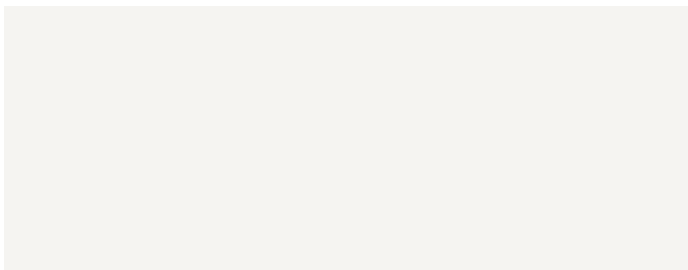
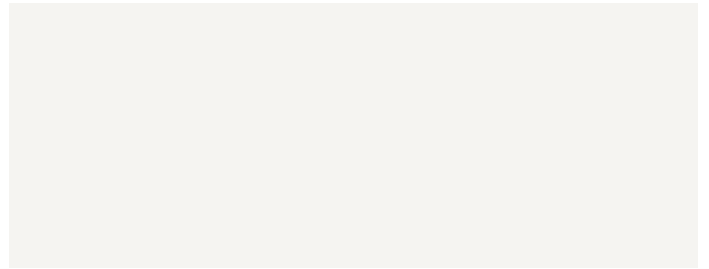
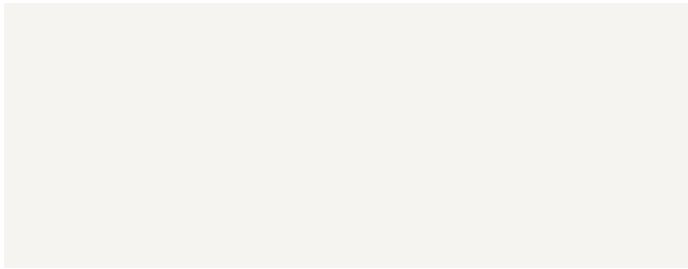
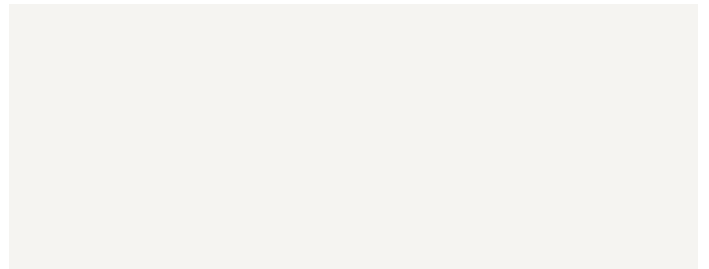
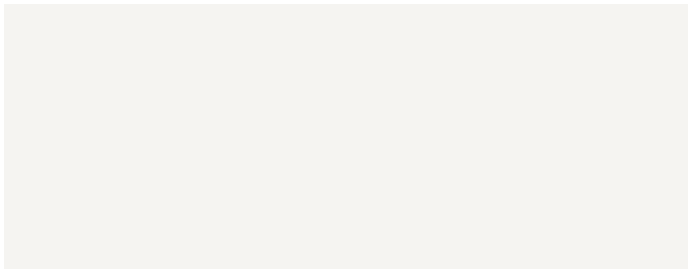
NUTRITION



THINGS I WANT TO

STOP DOING

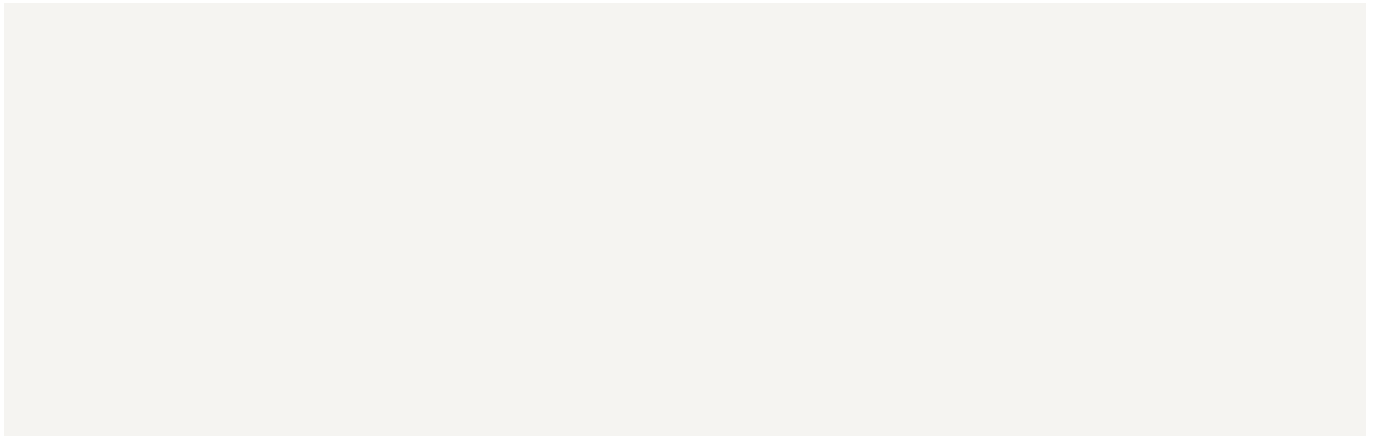
In the journey of self-improvement, recognizing habits or behaviors that no longer serve us is as important as nurturing new ones. On this page, take a moment to identify and list the things you want to stop doing. This act of awareness is a powerful step toward releasing what holds you back and embracing a healthier, more fulfilling path forward. Write them in the space below and imagine the habit dissipating away.



RECURRING

NEGATIVE THOUGHTS

THE THOUGHT/STORY

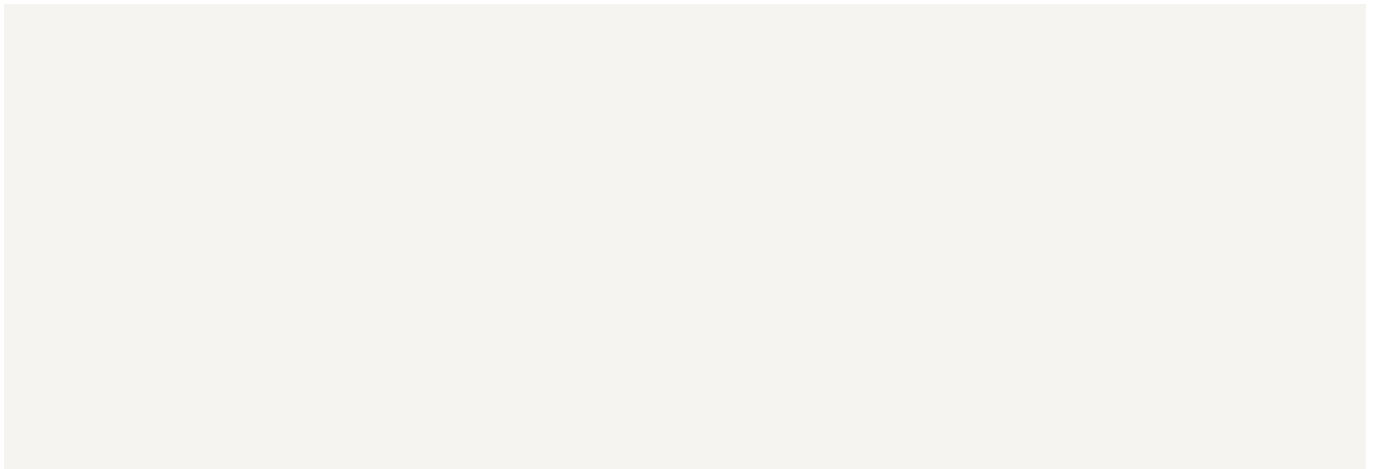


Is thinking this thought on “repeat” good for my well-being?

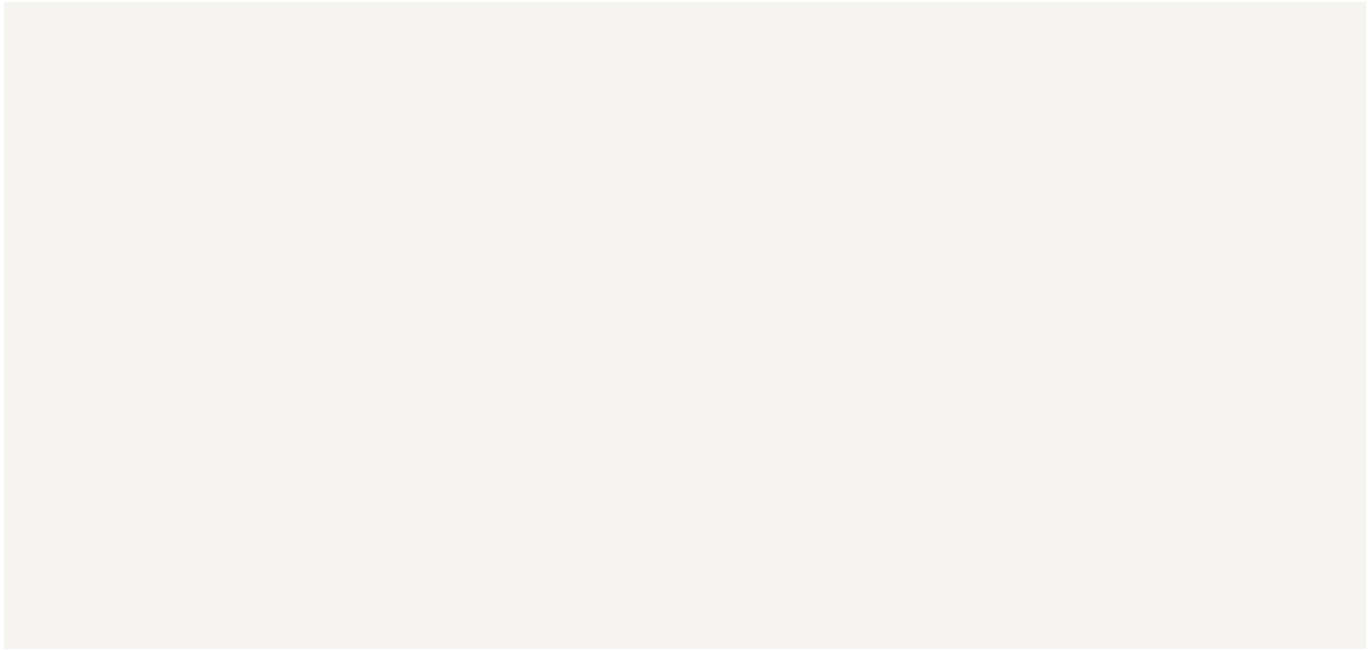
Is this a true & useful story? ☐ YES ☐ NO

Now, try and phrase the same thought into something realistic or rewrite the story.

REFRAMED THOUGHT/STORY



THE THOUGHT/STORY

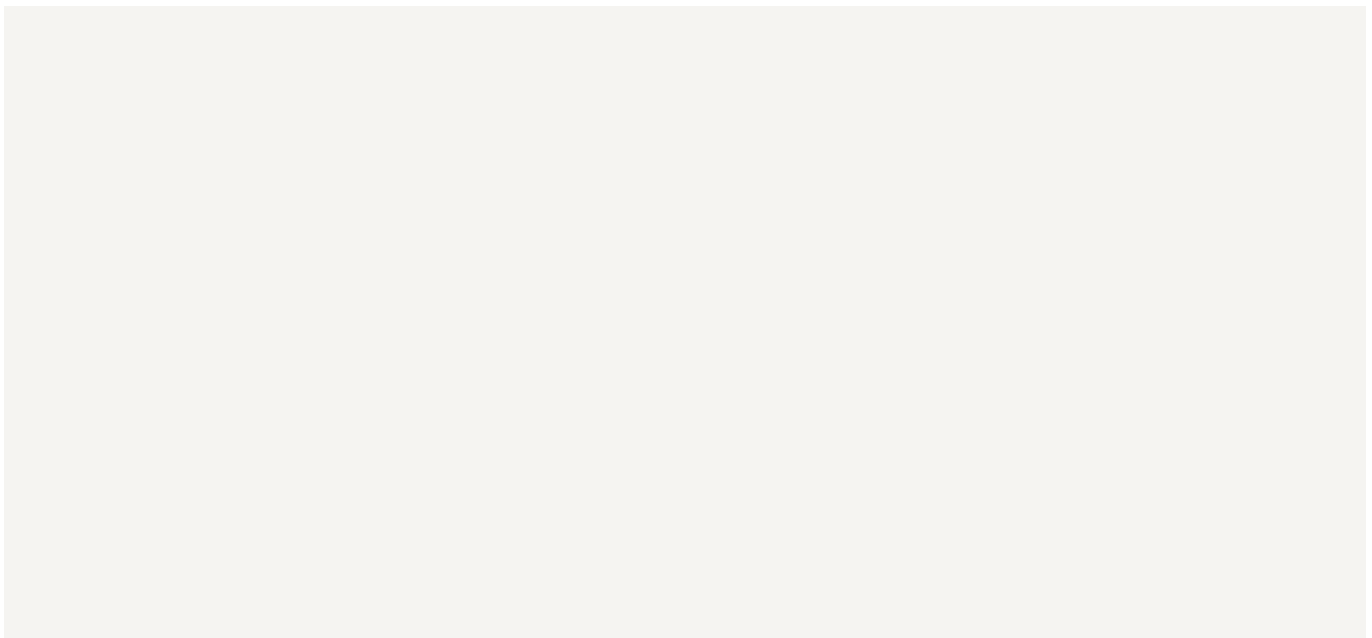


Is thinking this thought on “repeat” good for my well-being?

Is this a true & useful story? ☐ YES ☐ NO

Now, try and phrase the same thought into something realistic or rewrite the story.

REFRAMED THOUGHT/STORY



MY SELF-CARE

GOALS

What do you want to achieve by using this journal, and why? With clear intentions built on a strong 'why,' you can create the life you dream of.

SET YOUR INTENTIONS.

How do you want to feel after finishing this journal? Writing a detailed and clear vision plants seeds that will help you make decisions during challenging moments.

MY DREAM LIFE

Imagine a world where financial constraints, personal insecurities, and fears no longer hold sway over your choices. In this space of unlimited possibilities, what does your ideal life look like? Give yourself permission to dream without boundaries. Envision the life you would lead if every door was open to you and every path was clear. What are you doing? Who are you with? Where are you living? Consider every aspect of your life – from your career to your hobbies, your relationships, your health, and your environment. Paint a vivid picture of your dream life, embracing the grandest visions for yourself. This is your canvas; let your aspirations and deepest desires color every corner.

APPRECIATION BANK

List everything you appreciate about yourself, including the small things you recognize right now. For example, “I am a great cook, I have fantastic hair, my memory is impressive.” Frequently revisit this list to read and reflect. Feel free to add new items whenever something comes to mind.

PLAN AND PERSONALIZE YOUR

ROUTINES & RITUALS

Rituals can be seamlessly woven into your life if you follow this straightforward guide:

Identify the thoughts, stories, habits and patterns that bring you discomfort, such as unhappiness, frustration, procrastination, or feelings of low self-worth and self-care.

Aim to reduce or remove these negative emotions, habits or patterns. Change your narrative and be mindful of your thoughts.

Choose an action that aligns with your values and beliefs, promoting positive energy flow in your desired direction. Ensure this action is structured, manageable, and complements your current lifestyle.

We offer some suggestions for inspiration, yet the most impactful routines are personalized. Modify these ideas to match your preferences, time, and lifestyle. If you're beginning your self-care journey, start with a few essential activities and slowly build up your practice. Concentrate on establishing core morning and evening routines initially. As these become a regular part of your life, they'll gradually form into habits. This method promotes a gentle shift towards a self-care lifestyle, reducing stress and boosting your well-being.

DAILY ROUTINES AND RITUALS

IDEAS

- *Journal*
- *Meditate*
- *Mindful shower*
- *Make your bed*
- *Stretch*
- *Get ready for the day*
- *Go for a walk*
- *Listen to a podcast*
- *Write Intentions*
- *Fun Time*
- *Family Time*
- *Daily Walks*
- *Hydration Schedule*
- *Digital Detox*
- *Weekly Meal Planning*
- *Body Care*
- *Reading Time*
- *Dance Breaks*
- *Deep Breathing*
- *Creative Hobby*
- *Tide up your space*
- *Self-Care Sundays*
- *Mindful Eating*
- *Sleep Schedule*
- *Learning New Skills*
- *Nature Connection*
- *Mindful Movement*
- *Volunteering*
- *Personal Development*
- *Artistic Expression*
- *Aromatherapy*
- *Boundary Setting*
- *Puzzle Solving*
- *Colouring books*
- *Home Organization*
- *Music Therapy*
- *Cooking*
- *Adventure Days*
- *Practice affirmation*
- *Go to bed with a positive mindset*

PERSONALIZE YOUR

ROUTINES & RITUALS

Begin by listing the new routines, rituals, and habits you would like to implement in your daily lifestyle. Choose only a few items from your list to start with and focus on these until they become second nature. Practice daily, as consistency is key to success. Once your initial habits are well-established, gradually add a few more from your list. Avoid rushing the process and give yourself the grace to adapt at your own pace. Write them on your daily pages to help them sink into your memory, and at the end of the week, reflect on your progress.

By following these steps, you'll be able to seamlessly integrate new habits into your life, leading to lasting and meaningful change.

- Routines are practical and efficient sequences of actions.
- Rituals are meaningful practices done with intention and mindfulness.
- Habits are automatic behaviors formed through repetition.

Understanding these differences can help you intentionally design your lifestyle, incorporating routines for efficiency, rituals for emotional and spiritual well-being, and habits that support your overall goals.

ROUTINE/RITUAL

NEW HABITS

I CAN DO IT!

WEEK 1

DATE

MY WEEKLY
PLAN

MY INTENTION FOR THE WEEK

MY NEW HABITS I WANT TO PRACTICE

HABIT

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MY FITNESS GOAL FOR THE WEEK

NEW THINGS I WANT TO TRY THIS WEEK

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NOTES

WHAT AM I DOING

THIS WEEK

MEALS

FITNESS

GOALS

MON

TUE

WED

THU

FRI

SAT

SUN



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

-
-
-



RATE YOUR DAY ① ② ③ ④ ⑤

I AM GRATEFUL FOR...

SOMETHING I WANT TO LET GO OF...

HOW DID I TAKE CARE OF MYSELF?



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

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TODAY'S ROUTINES/ RITUALS/HABITS

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-
-
-



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DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

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WAKE UP MOOD 😊 😊 😊 😊 😊 😊

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TODAY'S ROUTINES/ RITUALS/HABITS

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RATE YOUR DAY ① ② ③ ④ ⑤

I AM GRATEFUL FOR...

SOMETHING I WANT TO LET GO OF...

HOW DID I TAKE CARE OF MYSELF?

W E E K L Y

REFLECTION

MY WINS OF THE WEEK

REFLECTION ON GOALS

EMOTIONAL
WELL-BEING CHECK

PHYSICAL HEALTH
OVERVIEW

CHALLENGES AND SOLUTIONS

SELF-CARE PRACTICES REVIEW
What did you enjoy the most?

SOCIAL INTERACTIONS REFLECTION
What did you enjoy the most?

HOW CAN I MAKE NEXT WEEK BETTER?

FREE FLOW

Use this page each week to freely write your reflections, new discoveries about yourself, or emerging desires.

WEEK 2

DATE

MY WEEKLY
PLAN

MY INTENTION FOR THE WEEK

MY NEW HABITS I WANT TO PRACTICE

[illegible]

MY FITNESS GOAL FOR THE WEEK

NEW THINGS I WANT TO TRY THIS WEEK

[illegible]

NOTES

WHAT AM I DOING

THIS WEEK

MEALS

FITNESS

GOALS

MON

TUE

WED

THU

FRI

SAT

SUN



DATE

ENERGY LEVEL ①②③④⑤

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ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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-
-



RATE YOUR DAY ① ② ③ ④ ⑤

I AM GRATEFUL FOR...

SOMETHING I WANT TO LET GO OF...

HOW DID I TAKE CARE OF MYSELF?



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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RATE YOUR DAY ① ② ③ ④ ⑤

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DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME		DONE	TIME		DONE
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<input type="text"/>		<input type="checkbox"/>	<input type="text"/>		<input type="checkbox"/>

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

- 1
- 2
- 3



RATE YOUR DAY ① ② ③ ④ ⑤

I AM GRATEFUL FOR... ..
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SOMETHING I WANT TO LET GO OF... ..
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HOW DID I TAKE CARE OF MYSELF?



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

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AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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DATE

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AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

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MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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- 3



RATE YOUR DAY ① ② ③ ④ ⑤

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AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

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RATE YOUR DAY ① ② ③ ④ ⑤

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W E E K L Y

REFLECTION

MY WINS OF THE WEEK

REFLECTION ON GOALS

EMOTIONAL
WELL-BEING CHECK

PHYSICAL HEALTH
OVERVIEW

CHALLENGES AND SOLUTIONS

SELF-CARE PRACTICES REVIEW
What did you enjoy the most?

SOCIAL INTERACTIONS REFLECTION
What did you enjoy the most?

HOW CAN I MAKE NEXT WEEK BETTER?

FREE FLOW

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WEEK 3

DATE

MY WEEKLY
PLAN

MY INTENTION FOR THE WEEK

MY NEW HABITS I WANT TO PRACTICE

[illegible]

MY FITNESS GOAL FOR THE WEEK

NEW THINGS I WANT TO TRY THIS WEEK

[illegible]

NOTES

WHAT AM I DOING

THIS WEEK

MEALS

FITNESS

GOALS

MON

TUE

WED

THU

FRI

SAT

SUN



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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-
-



RATE YOUR DAY ① ② ③ ④ ⑤

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ENERGY LEVEL ①②③④⑤

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AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

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AFFIRMATION FOR TODAY

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AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME		DONE	TIME		DONE
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<input type="text"/>		<input type="checkbox"/>	<input type="text"/>		<input type="checkbox"/>

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

- 1
- 2
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RATE YOUR DAY ① ② ③ ④ ⑤

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AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

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AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE
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MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

- 1
- 2
- 3



RATE YOUR DAY ① ② ③ ④ ⑤

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SOMETHING I WANT TO LET GO OF... ..
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HOW DID I TAKE CARE OF MYSELF?



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

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AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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RATE YOUR DAY ① ② ③ ④ ⑤

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HOW DID I TAKE CARE OF MYSELF?

W E E K L Y

REFLECTION

MY WINS OF THE WEEK

REFLECTION ON GOALS

EMOTIONAL
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PHYSICAL HEALTH
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CHALLENGES AND SOLUTIONS

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HOW CAN I MAKE NEXT WEEK BETTER?

FREE FLOW

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WEEK 4

DATE

MY WEEKLY PLAN

MY INTENTION FOR THE WEEK

MY NEW HABITS I WANT TO PRACTICE

HABIT		(M)	(T)	(W)	(T)	(F)	(S)	(S)
1		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MY FITNESS GOAL FOR THE WEEK

NEW THINGS I WANT TO TRY THIS WEEK

NOTES

WHAT AM I DOING

THIS WEEK

MEALS

FITNESS

GOALS

MON

TUE

WED

THU

FRI

SAT

SUN



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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-



RATE YOUR DAY ① ② ③ ④ ⑤

I AM GRATEFUL FOR...

SOMETHING I WANT TO LET GO OF...

HOW DID I TAKE CARE OF MYSELF?



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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-
-



RATE YOUR DAY ① ② ③ ④ ⑤

I AM GRATEFUL FOR...

SOMETHING I WANT TO LET GO OF...

HOW DID I TAKE CARE OF MYSELF?



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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RATE YOUR DAY ① ② ③ ④ ⑤

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HOW DID I TAKE CARE OF MYSELF?



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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RATE YOUR DAY ① ② ③ ④ ⑤

I AM GRATEFUL FOR...

SOMETHING I WANT TO LET GO OF...

HOW DID I TAKE CARE OF MYSELF?



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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RATE YOUR DAY ① ② ③ ④ ⑤

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SOMETHING I WANT TO LET GO OF...

HOW DID I TAKE CARE OF MYSELF?



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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RATE YOUR DAY ① ② ③ ④ ⑤

I AM GRATEFUL FOR...

SOMETHING I WANT TO LET GO OF...

HOW DID I TAKE CARE OF MYSELF?

WEEKLY

REFLECTION

MY WINS OF THE WEEK

REFLECTION ON GOALS

EMOTIONAL
WELL-BEING CHECK

PHYSICAL HEALTH
OVERVIEW

CHALLENGES AND SOLUTIONS

SELF-CARE PRACTICES REVIEW
What did you enjoy the most?

SOCIAL INTERACTIONS REFLECTION
What did you enjoy the most?

HOW CAN I MAKE NEXT WEEK BETTER?

FREE FLOW

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WEEK 5

DATE

MY WEEKLY PLAN

MY INTENTION FOR THE WEEK

MY NEW HABITS I WANT TO PRACTICE

HABIT		(M)	(T)	(W)	(T)	(F)	(S)	(S)
1		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MY FITNESS GOAL FOR THE WEEK

NEW THINGS I WANT TO TRY THIS WEEK

NOTES

WHAT AM I DOING

THIS WEEK

MEALS

FITNESS

GOALS

MON

TUE

WED

THU

FRI

SAT

SUN



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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RATE YOUR DAY ① ② ③ ④ ⑤

I AM GRATEFUL FOR...

SOMETHING I WANT TO LET GO OF...

HOW DID I TAKE CARE OF MYSELF?



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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RATE YOUR DAY ① ② ③ ④ ⑤

I AM GRATEFUL FOR...

SOMETHING I WANT TO LET GO OF...

HOW DID I TAKE CARE OF MYSELF?



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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RATE YOUR DAY ① ② ③ ④ ⑤

I AM GRATEFUL FOR...

SOMETHING I WANT TO LET GO OF...

HOW DID I TAKE CARE OF MYSELF?



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😐 😞 😡 😢 😭

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME		DONE	TIME		DONE
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MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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- 2
- 3



RATE YOUR DAY ① ② ③ ④ ⑤

I AM GRATEFUL FOR... ..
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SOMETHING I WANT TO LET GO OF... ..
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HOW DID I TAKE CARE OF MYSELF?



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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RATE YOUR DAY ① ② ③ ④ ⑤

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DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

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AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

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MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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RATE YOUR DAY ① ② ③ ④ ⑤

I AM GRATEFUL FOR... ..

SOMETHING I WANT TO LET GO OF... ..

HOW DID I TAKE CARE OF MYSELF?

W E E K L Y

REFLECTION

MY WINS OF THE WEEK

REFLECTION ON GOALS

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HOW CAN I MAKE NEXT WEEK BETTER?

FREE FLOW

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WEEK 6

DATE

MY WEEKLY
PLAN

MY INTENTION FOR THE WEEK

MY NEW HABITS I WANT TO PRACTICE

HABIT

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MY FITNESS GOAL FOR THE WEEK

[illegible]

NEW THINGS I WANT TO TRY THIS WEEK

[illegible]

NOTES

WHAT AM I DOING

THIS WEEK

MEALS

FITNESS

GOALS

MON

TUE

WED

THU

FRI

SAT

SUN



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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-
-



RATE YOUR DAY ① ② ③ ④ ⑤

I AM GRATEFUL FOR...

SOMETHING I WANT TO LET GO OF...

HOW DID I TAKE CARE OF MYSELF?



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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ENERGY LEVEL ①②③④⑤

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AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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DATE

ENERGY LEVEL ①②③④⑤

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AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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RATE YOUR DAY ① ② ③ ④ ⑤

I AM GRATEFUL FOR...

SOMETHING I WANT TO LET GO OF...

HOW DID I TAKE CARE OF MYSELF?



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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-



RATE YOUR DAY ① ② ③ ④ ⑤

I AM GRATEFUL FOR...

SOMETHING I WANT TO LET GO OF...

HOW DID I TAKE CARE OF MYSELF?



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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-
-



RATE YOUR DAY ① ② ③ ④ ⑤

I AM GRATEFUL FOR...

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HOW DID I TAKE CARE OF MYSELF?



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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-
-



RATE YOUR DAY ① ② ③ ④ ⑤

I AM GRATEFUL FOR...

SOMETHING I WANT TO LET GO OF...

HOW DID I TAKE CARE OF MYSELF?

W E E K L Y

REFLECTION

MY WINS OF THE WEEK

REFLECTION ON GOALS

EMOTIONAL
WELL-BEING CHECK

PHYSICAL HEALTH
OVERVIEW

CHALLENGES AND SOLUTIONS

SELF-CARE PRACTICES REVIEW
What did you enjoy the most?

SOCIAL INTERACTIONS REFLECTION
What did you enjoy the most?

HOW CAN I MAKE NEXT WEEK BETTER?

FREE FLOW

Use this page each week to freely write your reflections, new discoveries about yourself, or emerging desires.

WEEK 7

DATE

MY WEEKLY
PLAN

MY INTENTION FOR THE WEEK

MY NEW HABITS I WANT TO PRACTICE

[illegible]

MY FITNESS GOAL FOR THE WEEK

[illegible]

NEW THINGS I WANT TO TRY THIS WEEK

[illegible]

NOTES

WHAT AM I DOING

THIS WEEK

MEALS

FITNESS

GOALS

MON

TUE

WED

THU

FRI

SAT

SUN



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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-
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RATE YOUR DAY ① ② ③ ④ ⑤

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DATE

ENERGY LEVEL ①②③④⑤

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WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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-



RATE YOUR DAY ① ② ③ ④ ⑤

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DATE

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AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

-
-
-



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AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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-
-



RATE YOUR DAY ① ② ③ ④ ⑤

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SOMETHING I WANT TO LET GO OF...

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DATE

ENERGY LEVEL ①②③④⑤

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AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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-
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AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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-
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RATE YOUR DAY ① ② ③ ④ ⑤

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W E E K L Y

REFLECTION

MY WINS OF THE WEEK

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EMOTIONAL
WELL-BEING CHECK

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CHALLENGES AND SOLUTIONS

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What did you enjoy the most?

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What did you enjoy the most?

HOW CAN I MAKE NEXT WEEK BETTER?

FREE FLOW

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WEEK 8

DATE

MY WEEKLY PLAN

MY INTENTION FOR THE WEEK

MY NEW HABITS I WANT TO PRACTICE

HABIT		(M)	(T)	(W)	(T)	(F)	(S)	(S)
1		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MY FITNESS GOAL FOR THE WEEK

NEW THINGS I WANT TO TRY THIS WEEK

NOTES

WHAT AM I DOING

THIS WEEK

MEALS

FITNESS

GOALS

MON

TUE

WED

THU

FRI

SAT

SUN



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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-
-



RATE YOUR DAY ① ② ③ ④ ⑤

I AM GRATEFUL FOR...

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DATE

ENERGY LEVEL ①②③④⑤

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AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

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ENERGY LEVEL ①②③④⑤

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AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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DATE

ENERGY LEVEL ①②③④⑤

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AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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RATE YOUR DAY ① ② ③ ④ ⑤

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W E E K L Y

REFLECTION

MY WINS OF THE WEEK

REFLECTION ON GOALS

EMOTIONAL
WELL-BEING CHECK

PHYSICAL HEALTH
OVERVIEW

CHALLENGES AND SOLUTIONS

SELF-CARE PRACTICES REVIEW
What did you enjoy the most?

SOCIAL INTERACTIONS REFLECTION
What did you enjoy the most?

HOW CAN I MAKE NEXT WEEK BETTER?

FREE FLOW

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WEEK 9

DATE

MY WEEKLY
PLAN

MY INTENTION FOR THE WEEK

MY NEW HABITS I WANT TO PRACTICE

HABIT

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MY FITNESS GOAL FOR THE WEEK

[illegible]

NEW THINGS I WANT TO TRY THIS WEEK

[illegible]

NOTES

WHAT AM I DOING

THIS WEEK

MEALS

FITNESS

GOALS

MON

TUE

WED

THU

FRI

SAT

SUN



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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RATE YOUR DAY ① ② ③ ④ ⑤

I AM GRATEFUL FOR...

SOMETHING I WANT TO LET GO OF...

HOW DID I TAKE CARE OF MYSELF?



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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-
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RATE YOUR DAY ① ② ③ ④ ⑤

I AM GRATEFUL FOR...

SOMETHING I WANT TO LET GO OF...

HOW DID I TAKE CARE OF MYSELF?



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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-
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RATE YOUR DAY ① ② ③ ④ ⑤

I AM GRATEFUL FOR...

SOMETHING I WANT TO LET GO OF...

HOW DID I TAKE CARE OF MYSELF?



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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RATE YOUR DAY ① ② ③ ④ ⑤

I AM GRATEFUL FOR...

SOMETHING I WANT TO LET GO OF...

HOW DID I TAKE CARE OF MYSELF?



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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RATE YOUR DAY ① ② ③ ④ ⑤

I AM GRATEFUL FOR...

SOMETHING I WANT TO LET GO OF...

HOW DID I TAKE CARE OF MYSELF?



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME		DONE	TIME		DONE
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<input type="text"/>		<input type="checkbox"/>	<input type="text"/>		<input type="checkbox"/>
<input type="text"/>		<input type="checkbox"/>	<input type="text"/>		<input type="checkbox"/>
<input type="text"/>		<input type="checkbox"/>	<input type="text"/>		<input type="checkbox"/>
<input type="text"/>		<input type="checkbox"/>	<input type="text"/>		<input type="checkbox"/>

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

- 1
- 2
- 3



RATE YOUR DAY ① ② ③ ④ ⑤

I AM GRATEFUL FOR... ..
.....
.....

SOMETHING I WANT TO LET GO OF... ..
.....
.....

HOW DID I TAKE CARE OF MYSELF?



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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RATE YOUR DAY ① ② ③ ④ ⑤

I AM GRATEFUL FOR...

SOMETHING I WANT TO LET GO OF...

HOW DID I TAKE CARE OF MYSELF?

WEEKLY

REFLECTION

MY WINS OF THE WEEK

REFLECTION ON GOALS

EMOTIONAL
WELL-BEING CHECK

PHYSICAL HEALTH
OVERVIEW

CHALLENGES AND SOLUTIONS

SELF-CARE PRACTICES REVIEW
What did you enjoy the most?

SOCIAL INTERACTIONS REFLECTION
What did you enjoy the most?

HOW CAN I MAKE NEXT WEEK BETTER?

FREE FLOW

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WEEK 10

DATE

MY WEEKLY PLAN

MY INTENTION FOR THE WEEK

MY NEW HABITS I WANT TO PRACTICE

HABIT		(M)	(T)	(W)	(T)	(F)	(S)	(S)
1		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MY FITNESS GOAL FOR THE WEEK

NEW THINGS I WANT TO TRY THIS WEEK

NOTES

WHAT AM I DOING

THIS WEEK

MEALS

FITNESS

GOALS

MON

TUE

WED

THU

FRI

SAT

SUN



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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RATE YOUR DAY ① ② ③ ④ ⑤

I AM GRATEFUL FOR...

SOMETHING I WANT TO LET GO OF...

HOW DID I TAKE CARE OF MYSELF?



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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-
-



RATE YOUR DAY ① ② ③ ④ ⑤

I AM GRATEFUL FOR...

SOMETHING I WANT TO LET GO OF...

HOW DID I TAKE CARE OF MYSELF?



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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RATE YOUR DAY ① ② ③ ④ ⑤

I AM GRATEFUL FOR...

SOMETHING I WANT TO LET GO OF...

HOW DID I TAKE CARE OF MYSELF?



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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RATE YOUR DAY ① ② ③ ④ ⑤

I AM GRATEFUL FOR...

SOMETHING I WANT TO LET GO OF...

HOW DID I TAKE CARE OF MYSELF?



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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RATE YOUR DAY ① ② ③ ④ ⑤

I AM GRATEFUL FOR...

SOMETHING I WANT TO LET GO OF...

HOW DID I TAKE CARE OF MYSELF?

WEEKLY

REFLECTION

MY WINS OF THE WEEK

REFLECTION ON GOALS

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PHYSICAL HEALTH
OVERVIEW

CHALLENGES AND SOLUTIONS

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HOW CAN I MAKE NEXT WEEK BETTER?

FREE FLOW

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WEEK 11

DATE

MY WEEKLY
PLAN

MY INTENTION FOR THE WEEK

MY NEW HABITS I WANT TO PRACTICE

HABIT

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MY FITNESS GOAL FOR THE WEEK

[illegible]

NEW THINGS I WANT TO TRY THIS WEEK

NOTES

WHAT AM I DOING

THIS WEEK

MEALS

FITNESS

GOALS

MON

TUE

WED

THU

FRI

SAT

SUN



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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RATE YOUR DAY ① ② ③ ④ ⑤

I AM GRATEFUL FOR...

SOMETHING I WANT TO LET GO OF...

HOW DID I TAKE CARE OF MYSELF?



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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RATE YOUR DAY ① ② ③ ④ ⑤

I AM GRATEFUL FOR...

SOMETHING I WANT TO LET GO OF...

HOW DID I TAKE CARE OF MYSELF?



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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RATE YOUR DAY ① ② ③ ④ ⑤

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DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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RATE YOUR DAY ① ② ③ ④ ⑤

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SOMETHING I WANT TO LET GO OF...

HOW DID I TAKE CARE OF MYSELF?



DATE

ENERGY LEVEL ①②③④⑤

SLEEP HOURS

WAKE UP MOOD 😊 😊 😊 😊 😊 😊

AFFIRMATION FOR TODAY

TODAY'S ROUTINES/ RITUALS/HABITS

TIME	DONE	TIME	DONE

MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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-



RATE YOUR DAY ① ② ③ ④ ⑤

I AM GRATEFUL FOR...

SOMETHING I WANT TO LET GO OF...

HOW DID I TAKE CARE OF MYSELF?



DATE

ENERGY LEVEL ①②③④⑤

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W E E K L Y

REFLECTION

MY WINS OF THE WEEK

REFLECTION ON GOALS

EMOTIONAL
WELL-BEING CHECK

PHYSICAL HEALTH
OVERVIEW

CHALLENGES AND SOLUTIONS

SELF-CARE PRACTICES REVIEW
What did you enjoy the most?

SOCIAL INTERACTIONS REFLECTION
What did you enjoy the most?

HOW CAN I MAKE NEXT WEEK BETTER?

FREE FLOW

Use this page each week to freely write your reflections, new discoveries about yourself, or emerging desires.

WEEK 12

DATE

MY WEEKLY
PLAN

MY INTENTION FOR THE WEEK

MY NEW HABITS I WANT TO PRACTICE

[illegible]

MY FITNESS GOAL FOR THE WEEK

[illegible]

NEW THINGS I WANT TO TRY THIS WEEK

[illegible]

NOTES

WHAT AM I DOING

THIS WEEK

MEALS

FITNESS

GOALS

MON

TUE

WED

THU

FRI

SAT

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DATE

ENERGY LEVEL ①②③④⑤

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MY TOP 3 TO DO TODAY FOR MY BODY, MIND, AND SPIRIT.

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SOMETHING I WANT TO LET GO OF... ..
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HOW DID I TAKE CARE OF MYSELF?

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WEEK 13

DATE

MY WEEKLY
PLAN

MY INTENTION FOR THE WEEK

MY NEW HABITS I WANT TO PRACTICE

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MY FITNESS GOAL FOR THE WEEK

[illegible]

NEW THINGS I WANT TO TRY THIS WEEK

NOTES

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MON

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YOUR TASK IS
NOT TO SEEK FOR
LOVE, BUT MERELY TO
SEEK AND FIND ALL
THE BARRIERS WITHIN
YOURSELF THAT YOU
HAVE BUILT AGAINST IT.

Rumi

Congratulations

Congratulations! You've successfully completed three months of dedicated self-care journaling. This is a significant achievement, and it's time to celebrate your victories and reflect on the valuable lessons learned along the way. Take a moment to appreciate the journey you've embarked on, recognizing the effort you've put into prioritizing your well-being and establishing new, healthy habits. Allow yourself a moment of pause—take a deep breath, wear a smile, and bask in the accomplishment of reaching this milestone.

Now, turn your attention to the Wheel of Life. This tool invites you to evaluate various aspects of your life by shading the wheel, with 10 representing utmost satisfaction. This visual representation will highlight your areas of strength, as well as pinpoint where there might be room for improvement.

As you review your completed wheel, imagine your life journey riding on this wheel. Consider the smoothness of the ride based on how balanced the wheel appears. Are there areas that make the ride feel uneven? This reflection can guide your next steps toward a more balanced and fulfilling life journey.

Celebrate where you stand today, and look forward with excitement to where you can go from here. Your dedication to self-care isn't just about the past three months; it's about setting the foundation for a lifetime of well-being.

WHEEL OF LIFE

MONTH/YEAR



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