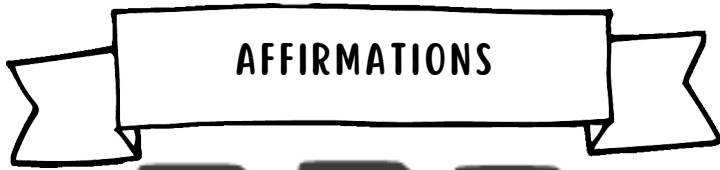
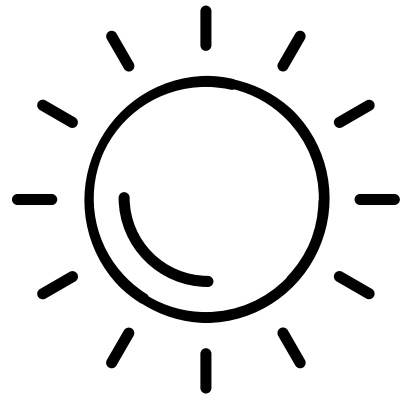


WELLNESS TRACKER

DAILY GRATITUDE

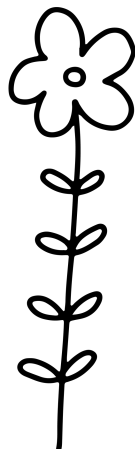
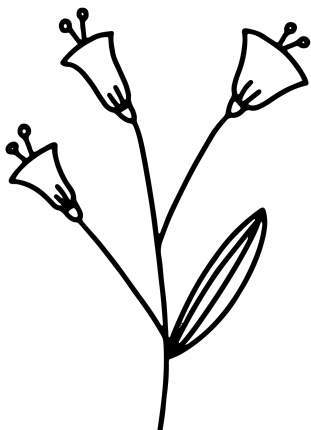
DATE:



HOW DO I FEEL WHEN I SAY THIS AFFIRMATION?

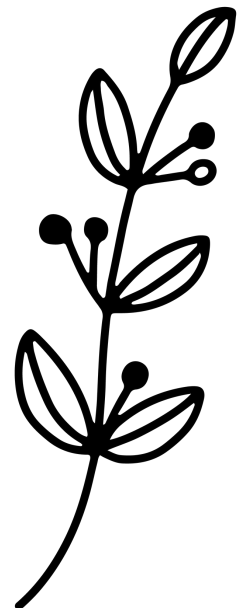
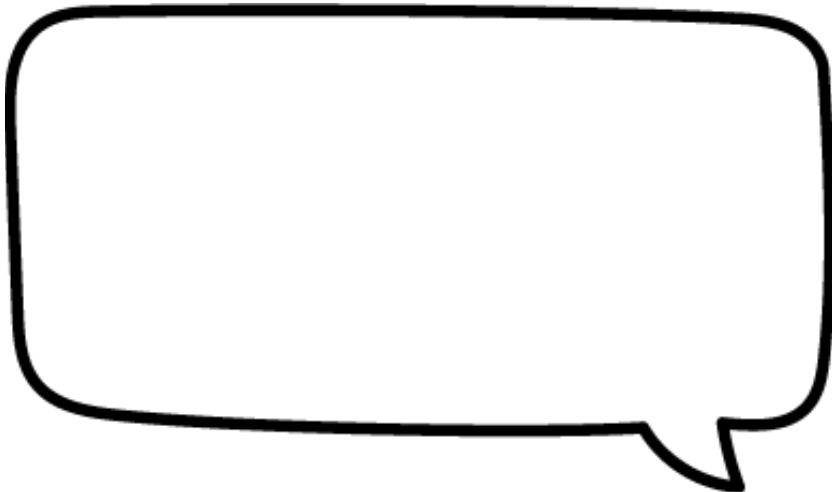
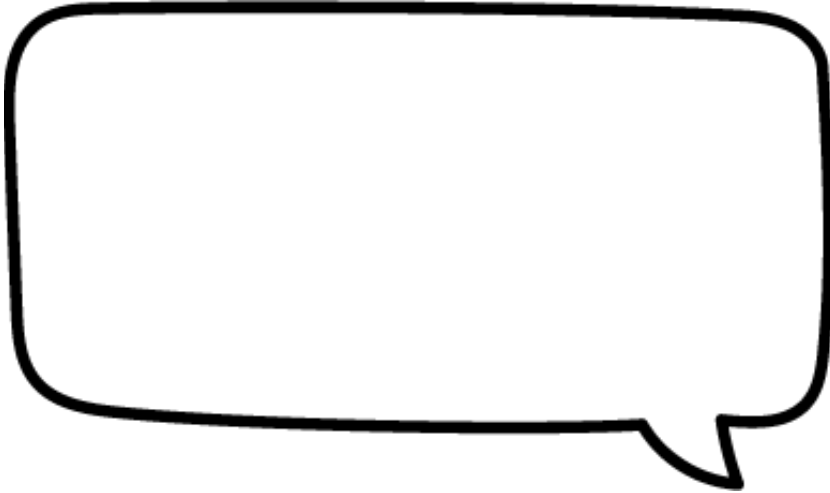


WHAT PART OF MY LIFE DOES THIS AFFIRMATION IMPACT?



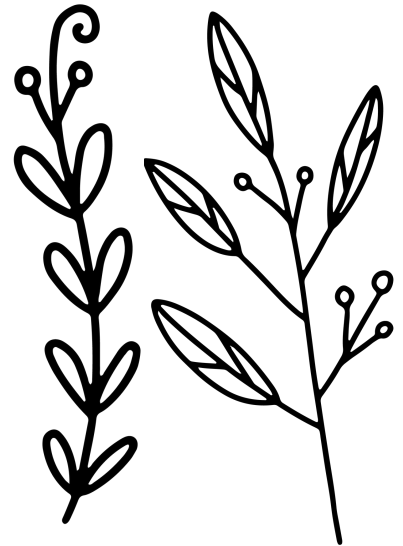
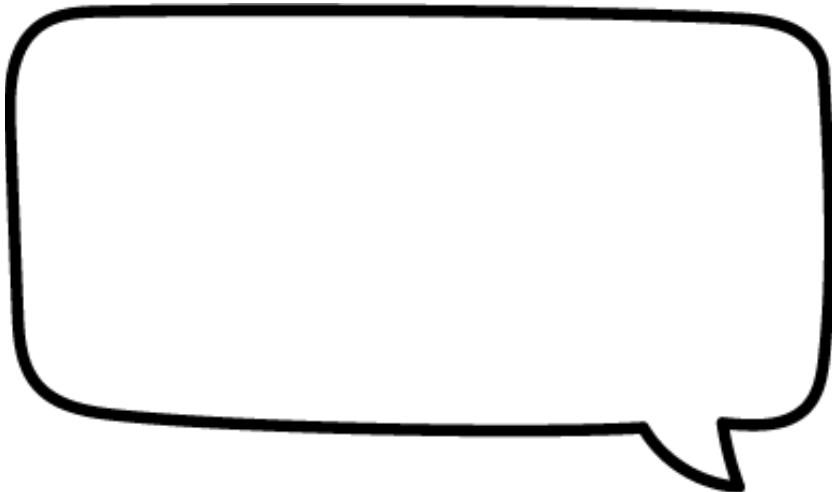
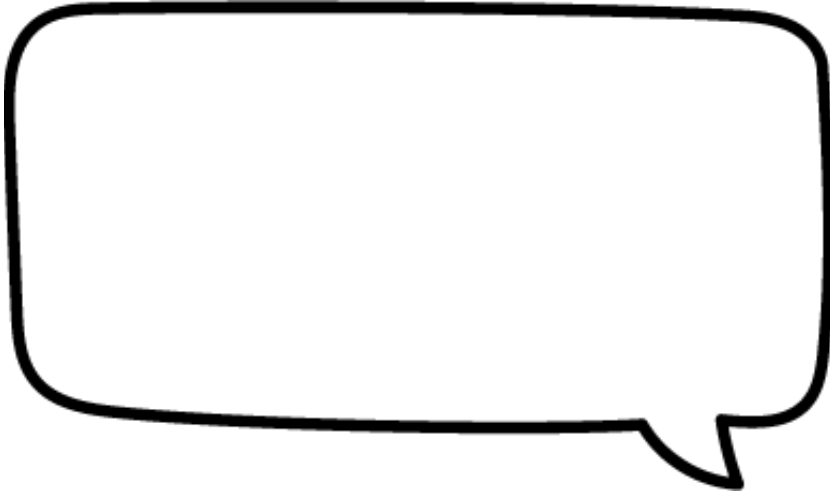
MONDAY

“START EACH DAY WITH A GRATEFUL HEART AND WATCH HOW YOUR WORLD TRANSFORMS.”



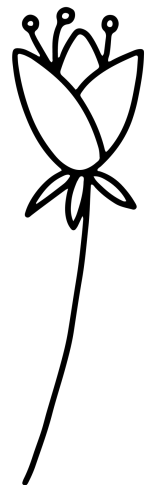
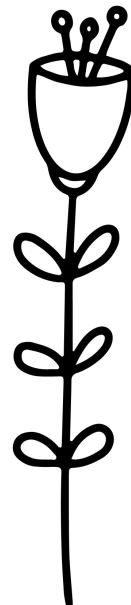
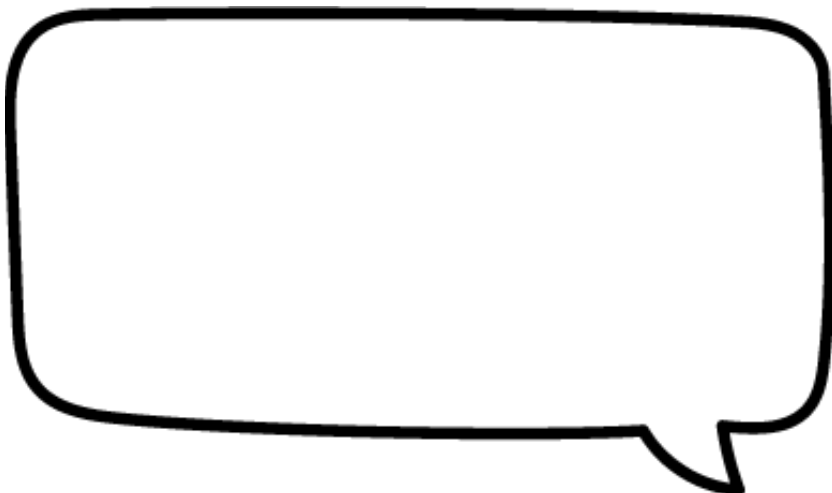
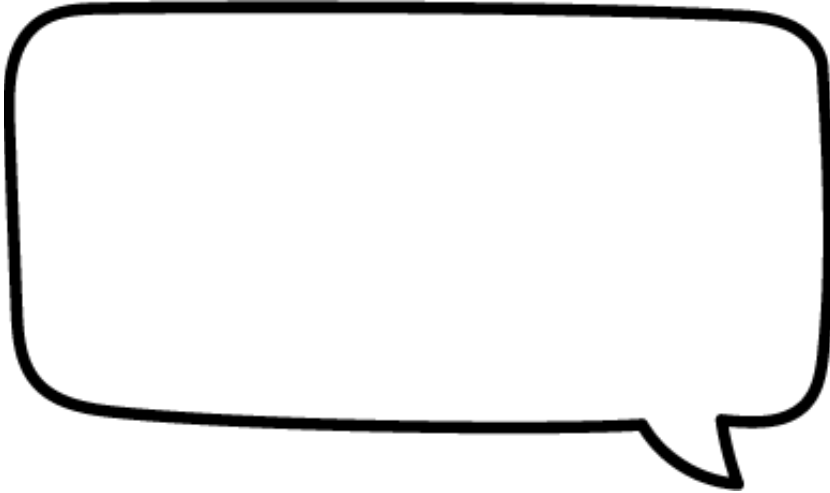
TUESDAY

"GRATITUDE IS THE FAIREST BLOSSOM
THAT SPRINGS FROM THE SOUL."



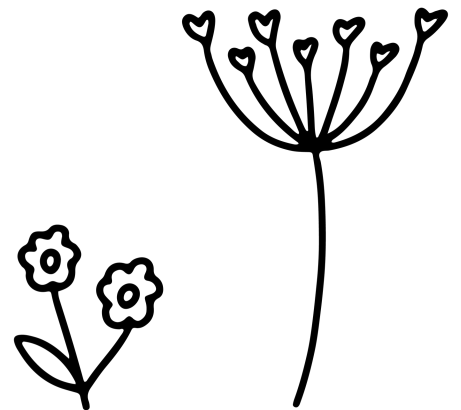
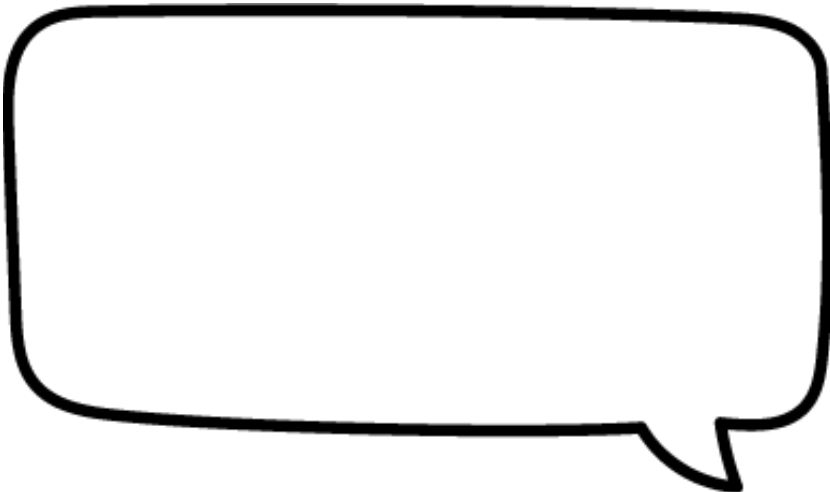
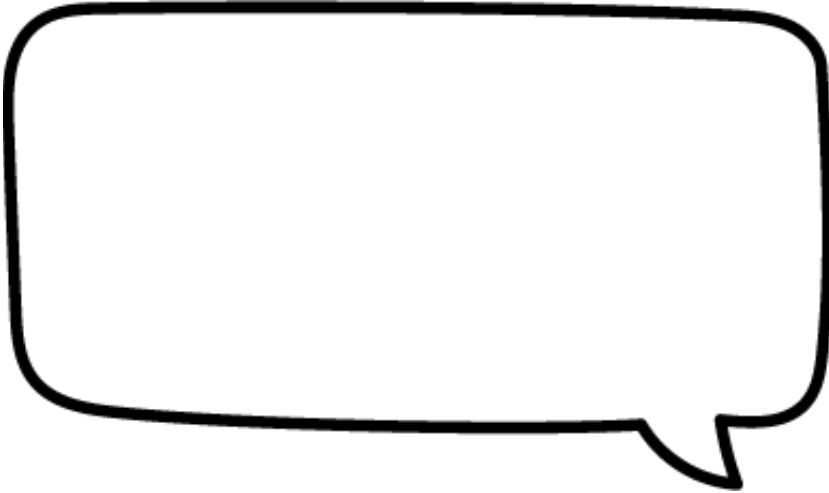
WEDNESDAY

"ACKNOWLEDGING THE GOOD THAT YOU ALREADY
HAVE IN YOUR LIFE IS THE FOUNDATION FOR ALL ABUNDANCE."



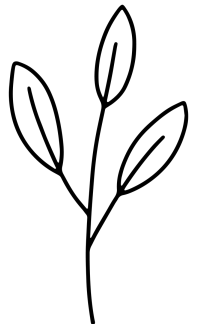
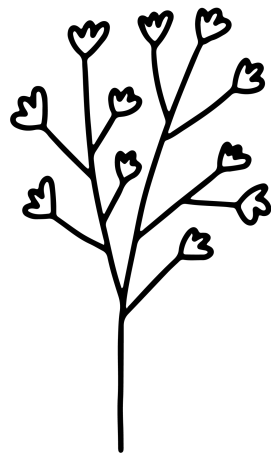
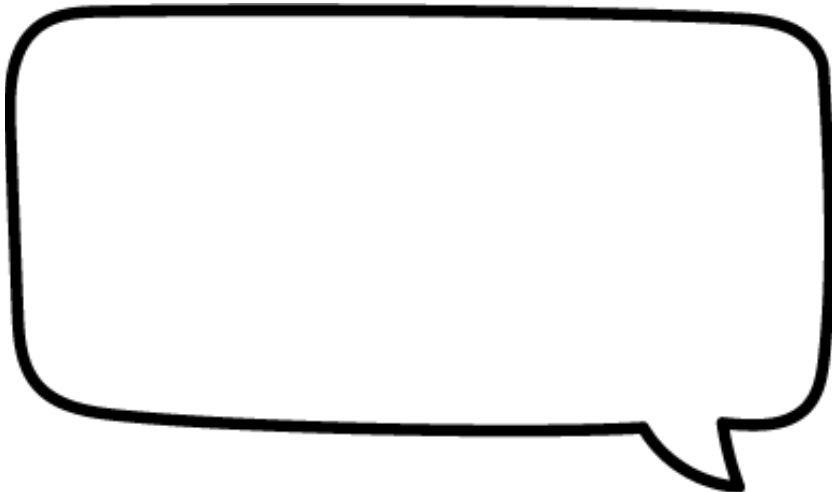
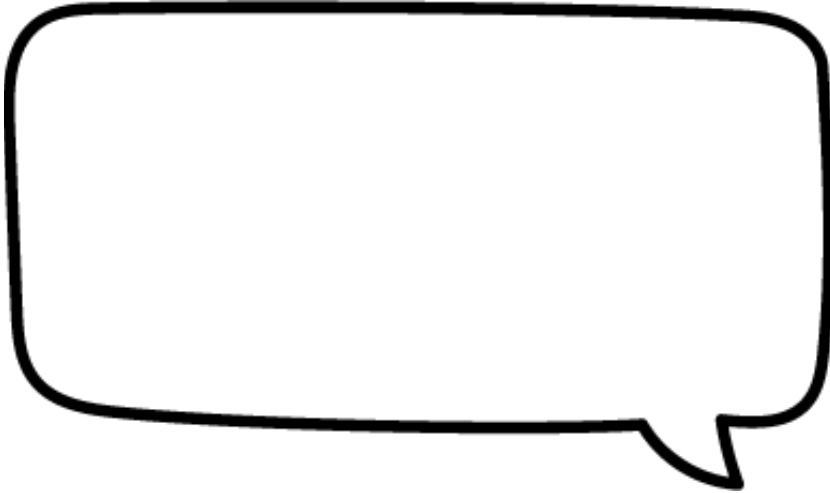
THURSDAY

"GRATITUDE UNLOCKS THE FULLNESS OF LIFE.
IT TURNS WHAT WE HAVE INTO ENOUGH."



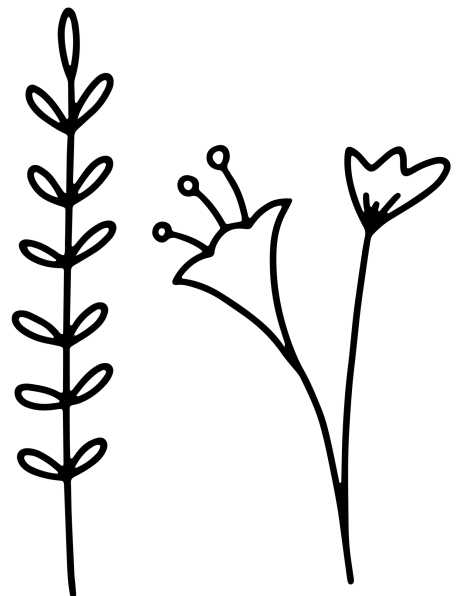
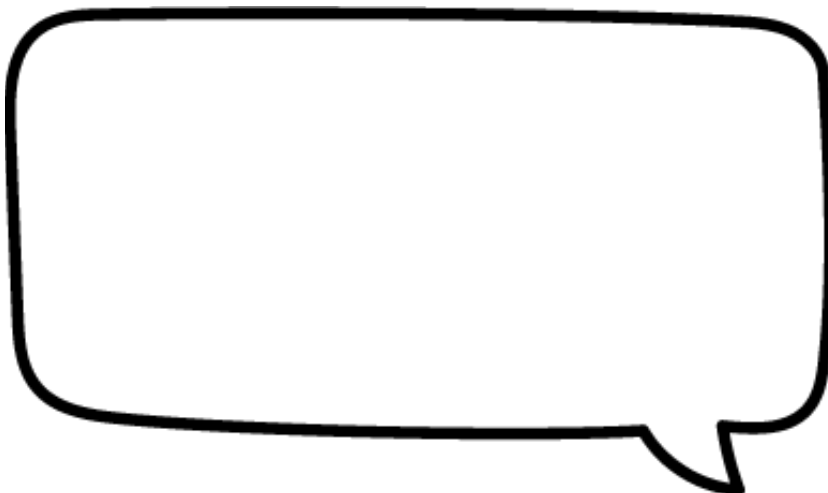
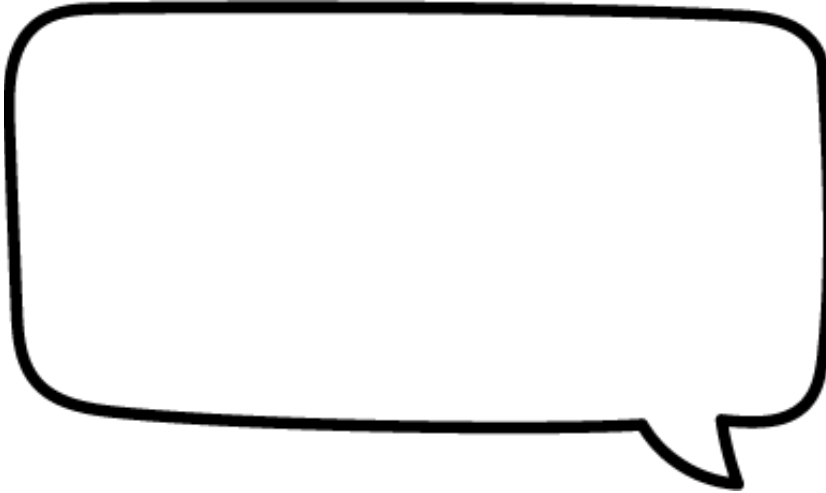
FRIDAY

"WHEN YOU FOCUS ON GRATITUDE,
EVERYTHING ELSE FALLS INTO PLACE."



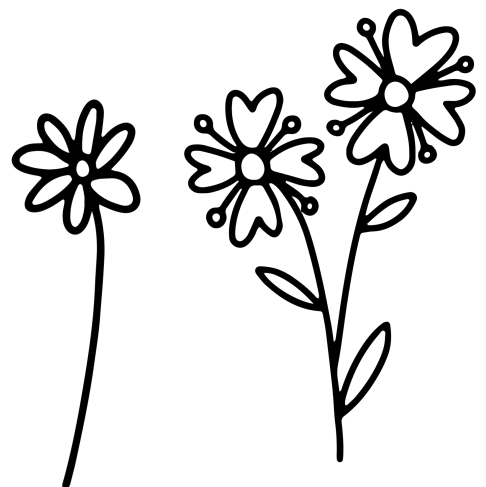
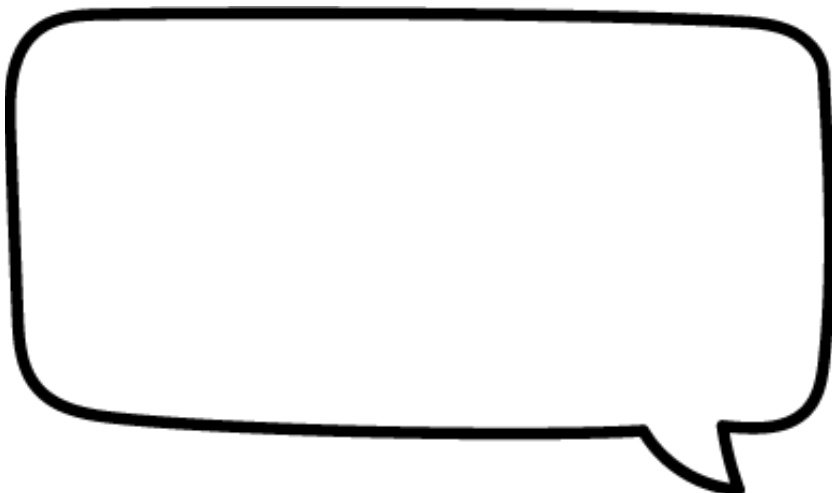
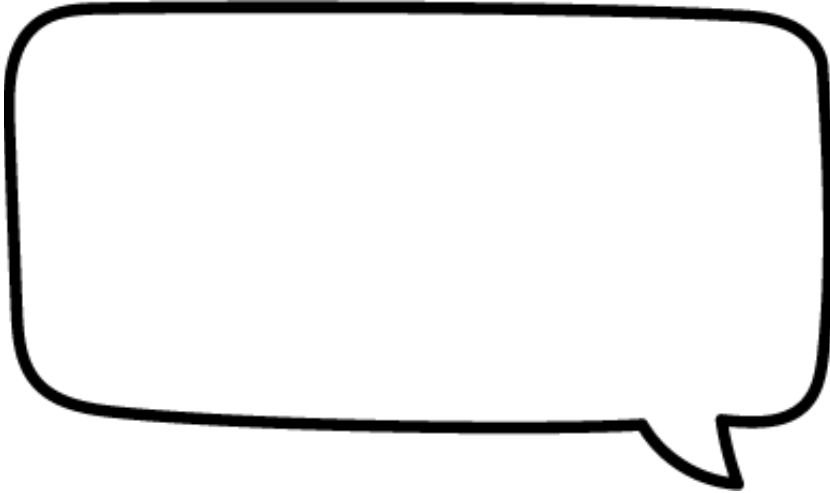
SATURDAY

"GRATITUDE MAKES SENSE OF OUR PAST, BRINGS
PEACE FOR TODAY, AND CREATES A VISION FOR TOMORROW."



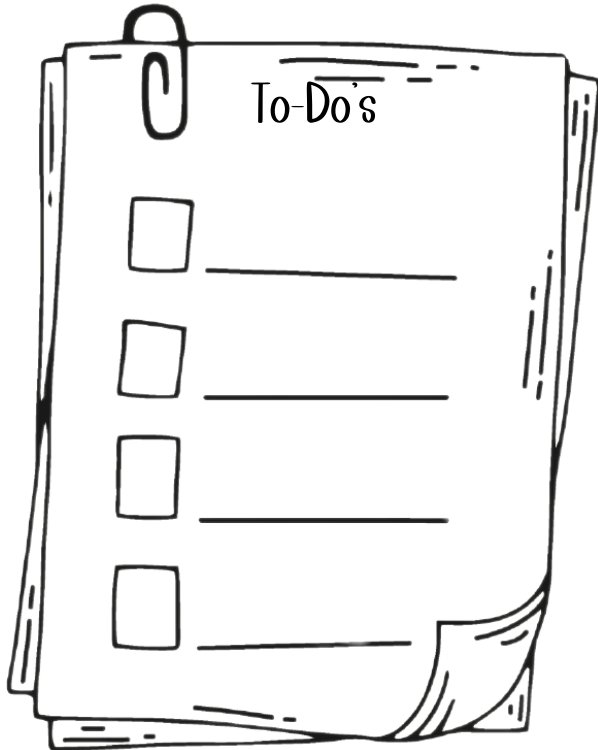
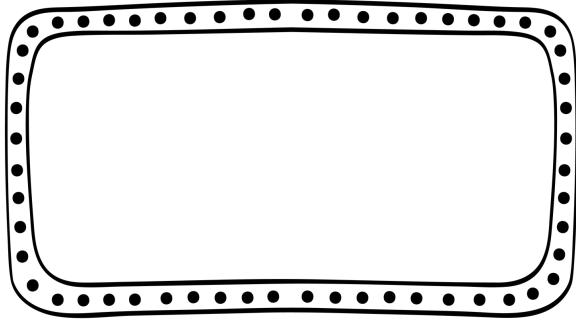
SUNDAY

"GRATITUDE IS NOT ONLY THE GREATEST OF VIRTUES
BUT THE PARENT OF ALL OTHERS."

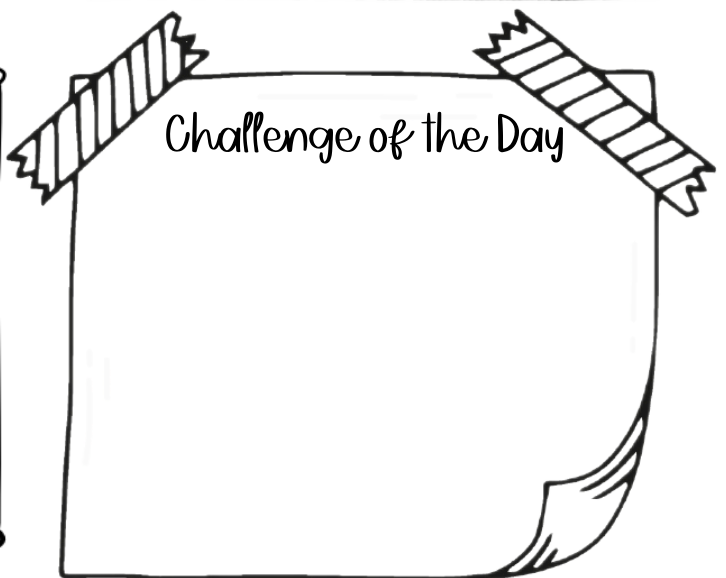
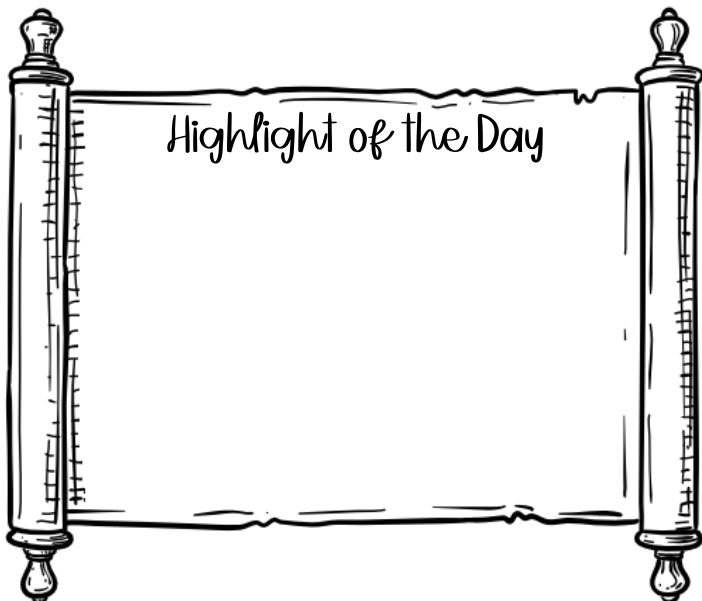
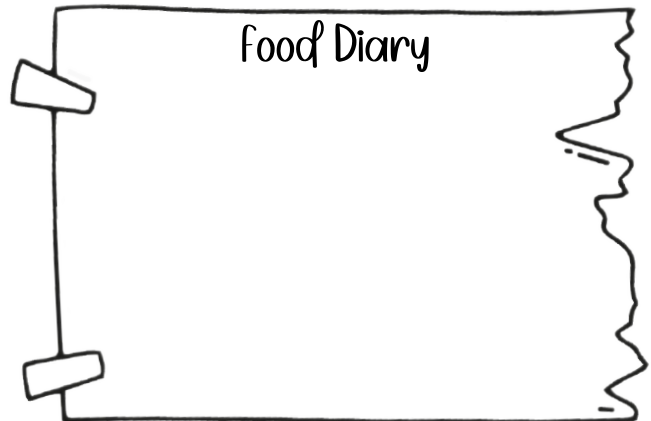


MONDAY

Main focus Of The Day

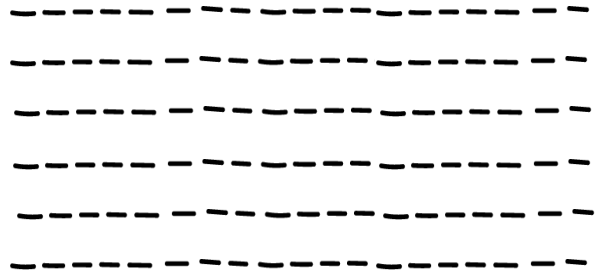
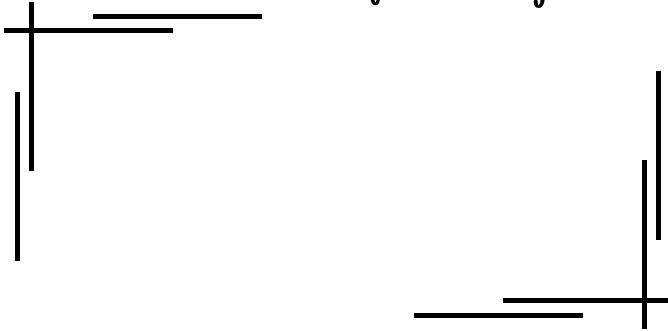


Water Check

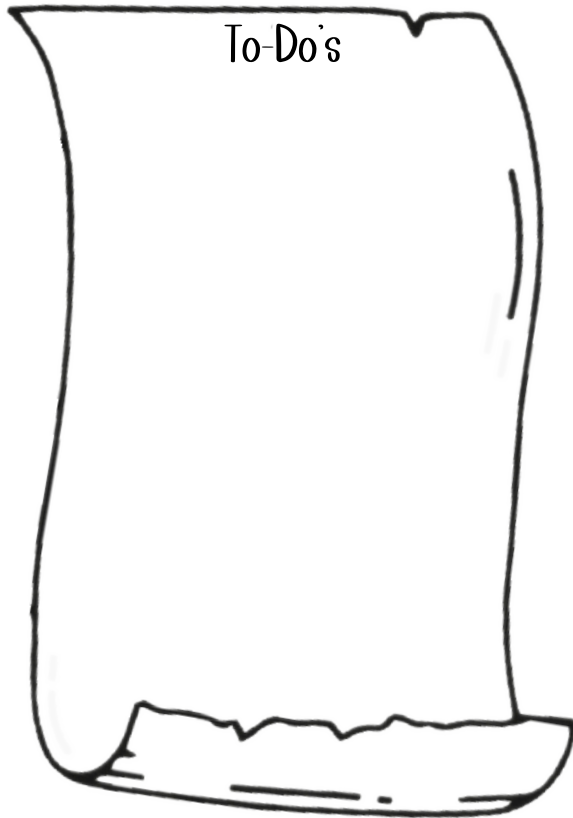


TUESDAY

Main Focus Of The Day



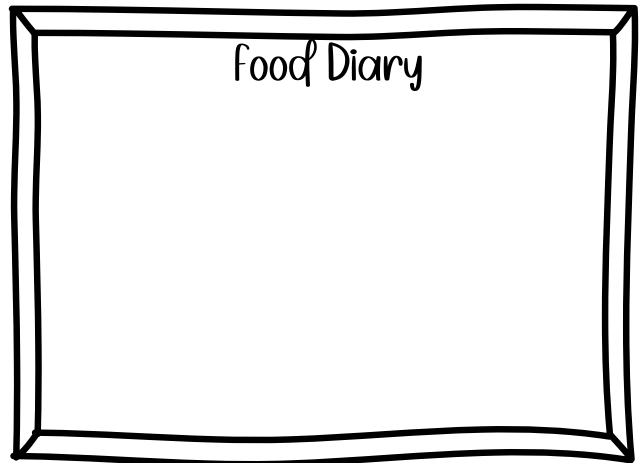
To-Do's



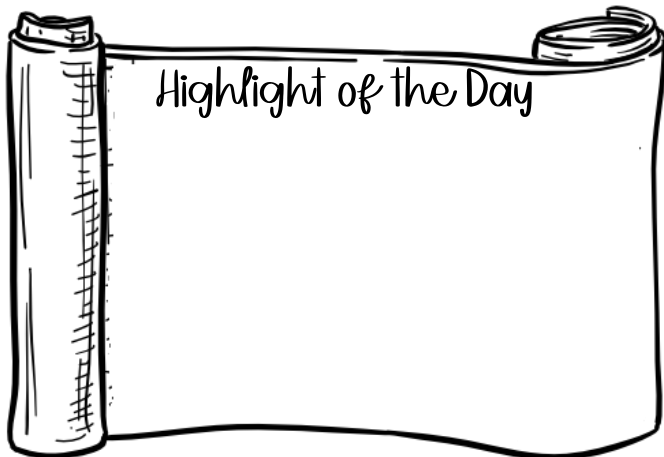
Water Check



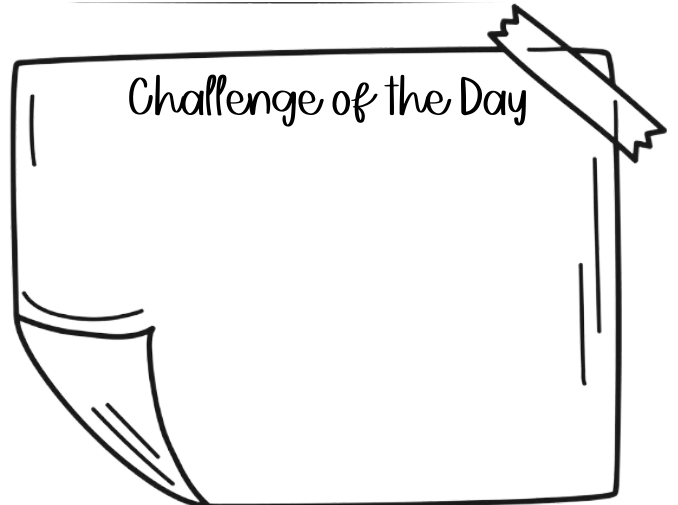
Food Diary



Highlight of the Day

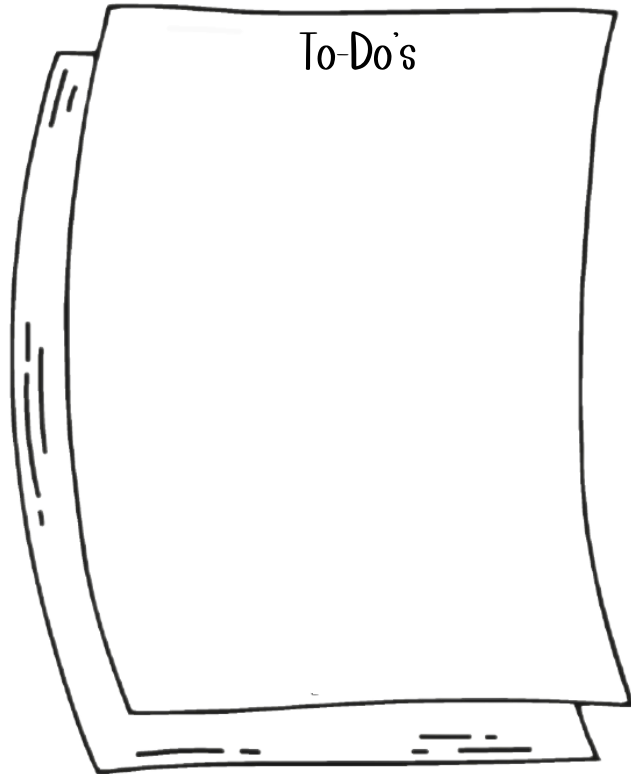
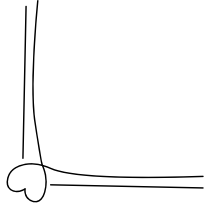
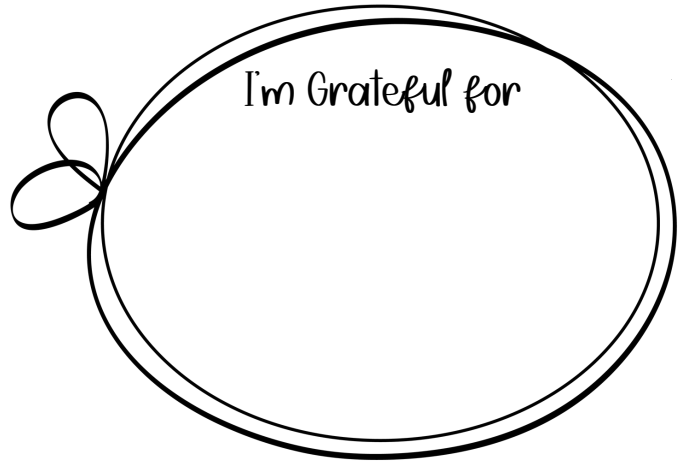


Challenge of the Day

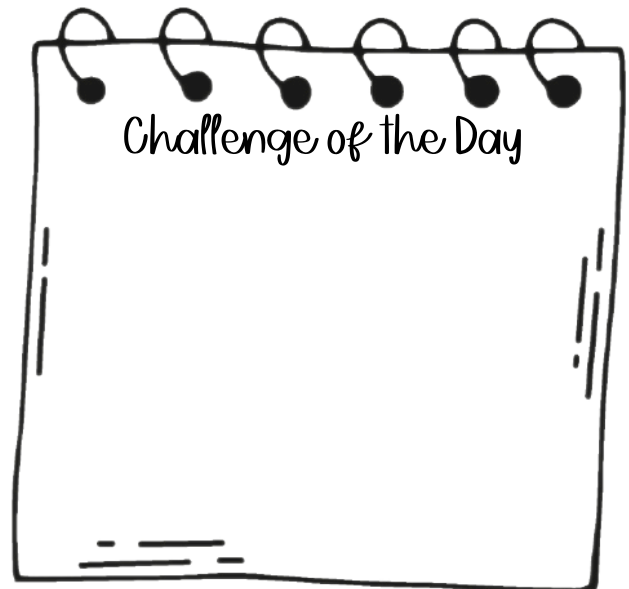
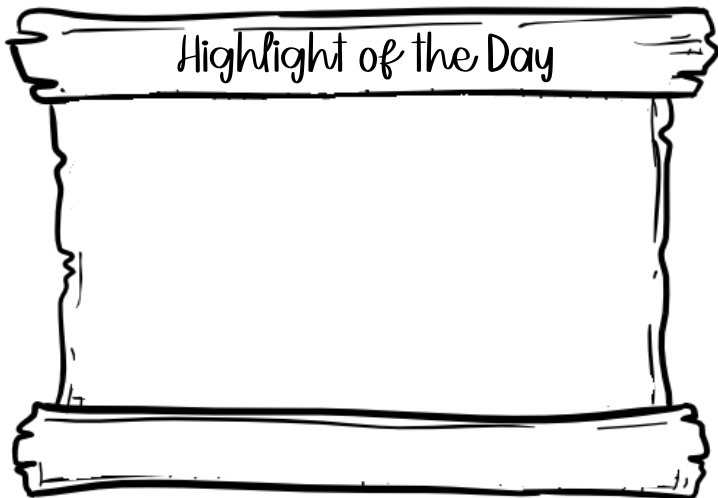
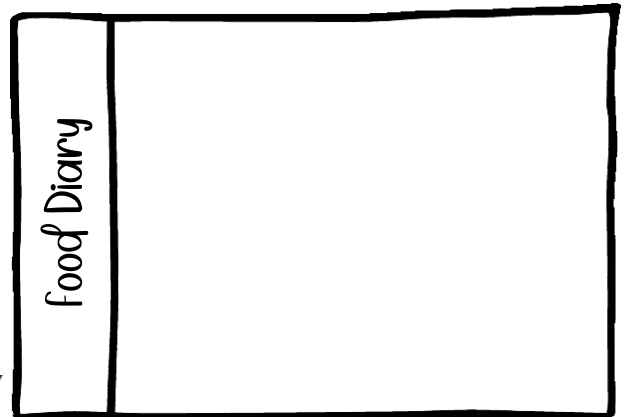


THURSDAY

Main focus Of The Day

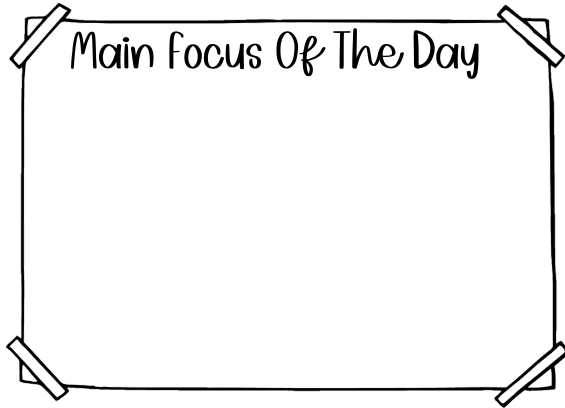


Water Check



FRIDAY

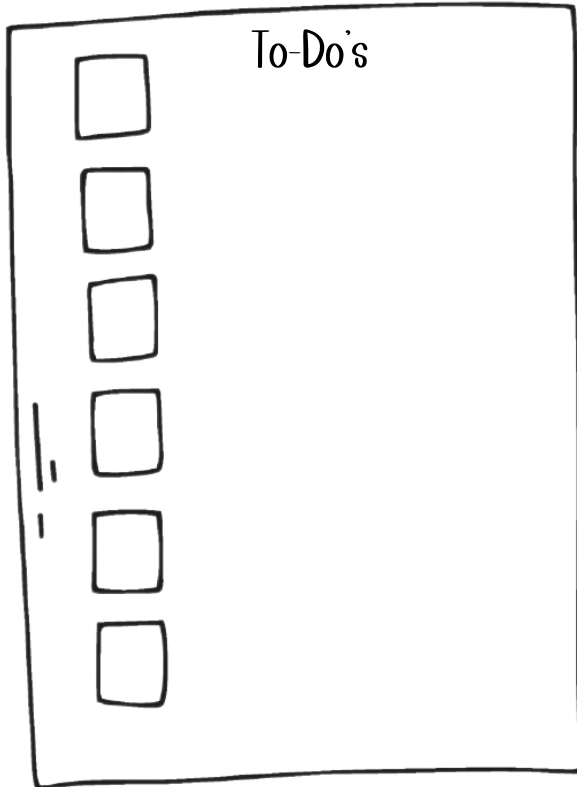
Main focus Of The Day



I'm Grateful for



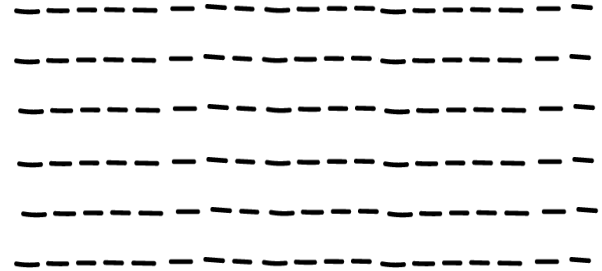
To-Do's



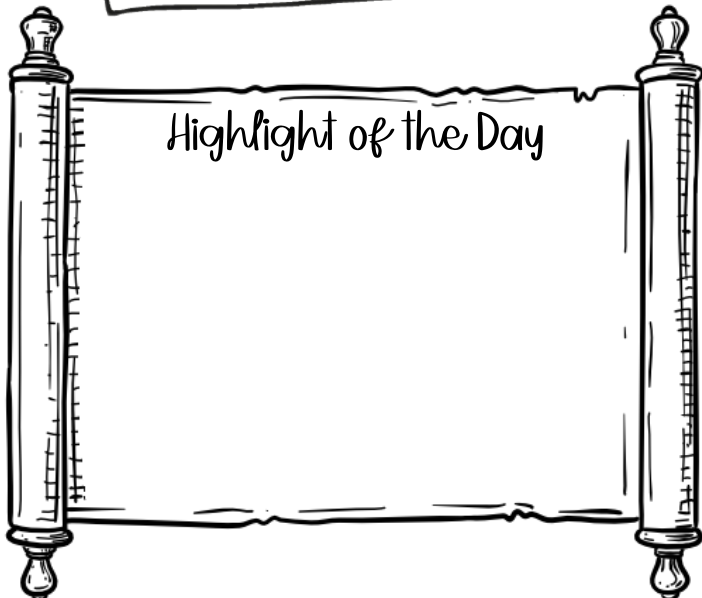
Water Check



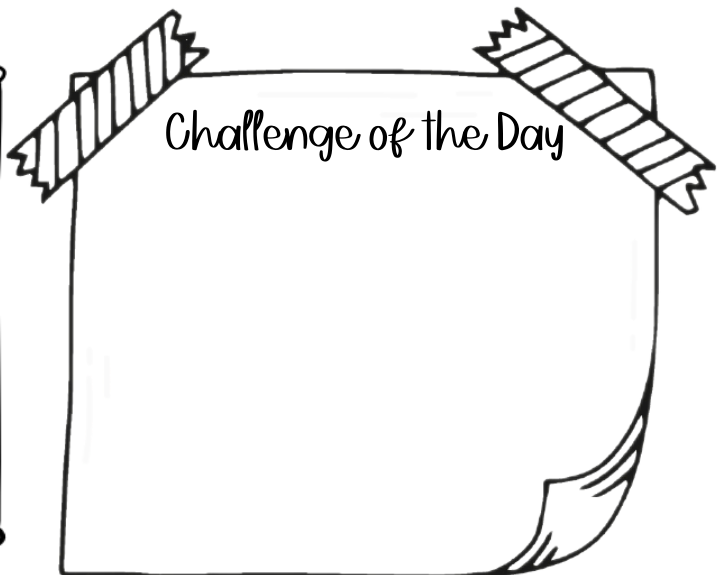
Food Diary



Highlight of the Day

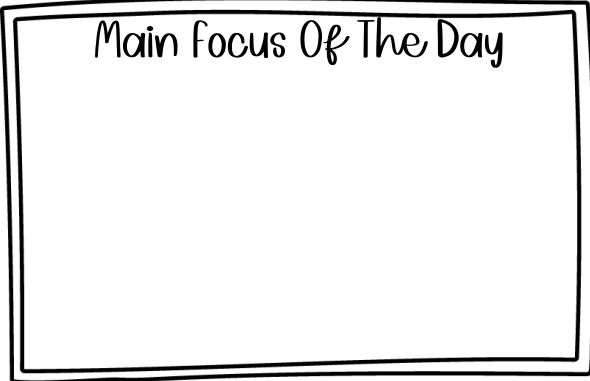


Challenge of the Day

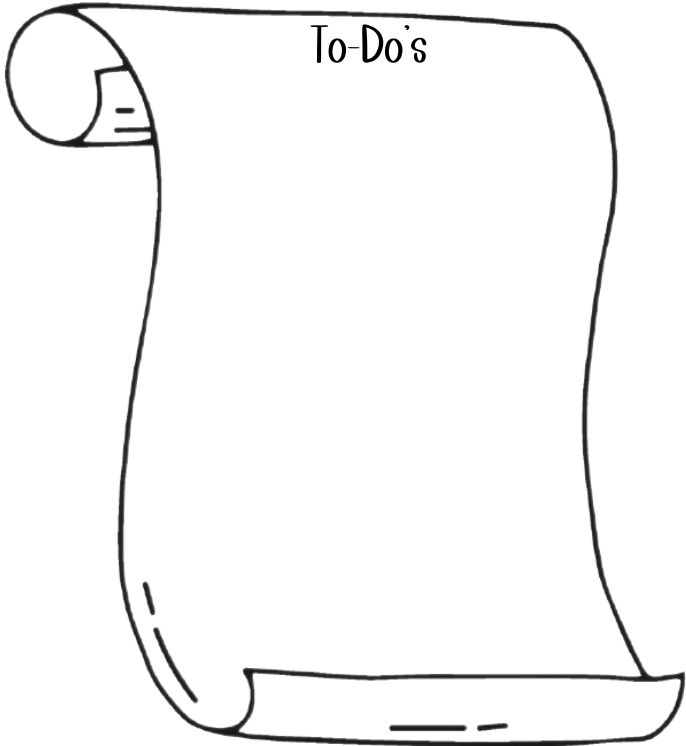


SATURDAY

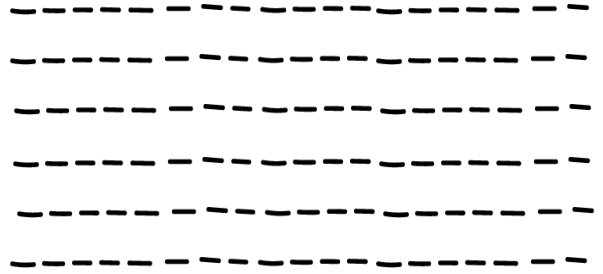
Main focus Of The Day



To-Do's



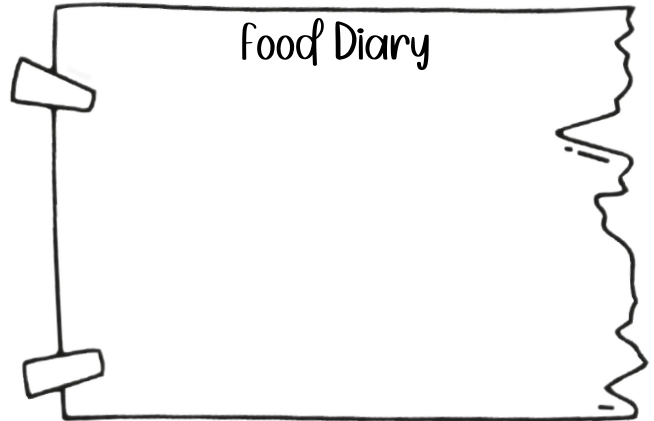
I'm Grateful for



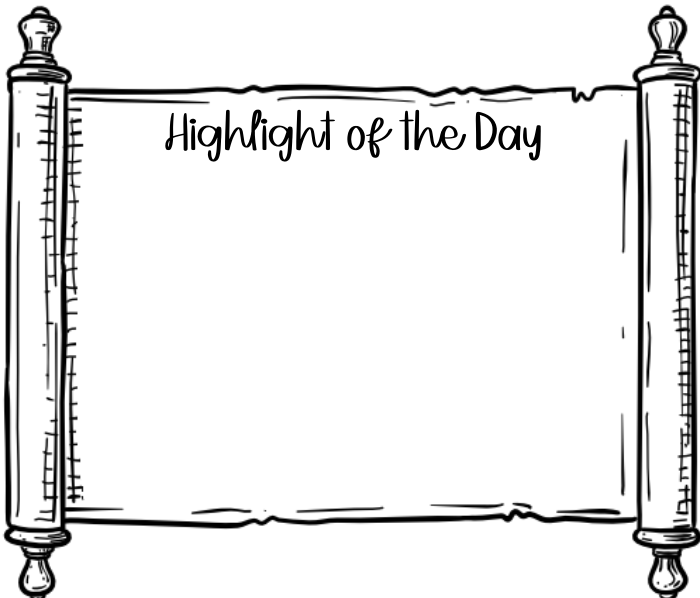
Water Check



Food Diary



Highlight of the Day



Challenge of the Day



SUNDAY

Main focus Of The Day



I'm Grateful for

To-Do's

-
-
-
-
-
-
-

Water Check



Food Diary

Highlight of the Day

Challenge of the Day



WEEKLY GRATITUDE

WEEK:

MON

A square box with a ribbon-like border, intended for writing a gratitude note for Monday.

TUE

A square box with a ribbon-like border, intended for writing a gratitude note for Tuesday.

WED

A square box with a ribbon-like border, intended for writing a gratitude note for Wednesday.

THU

A square box with a ribbon-like border, intended for writing a gratitude note for Thursday.

FRI

A square box with a ribbon-like border, intended for writing a gratitude note for Friday.

SAT

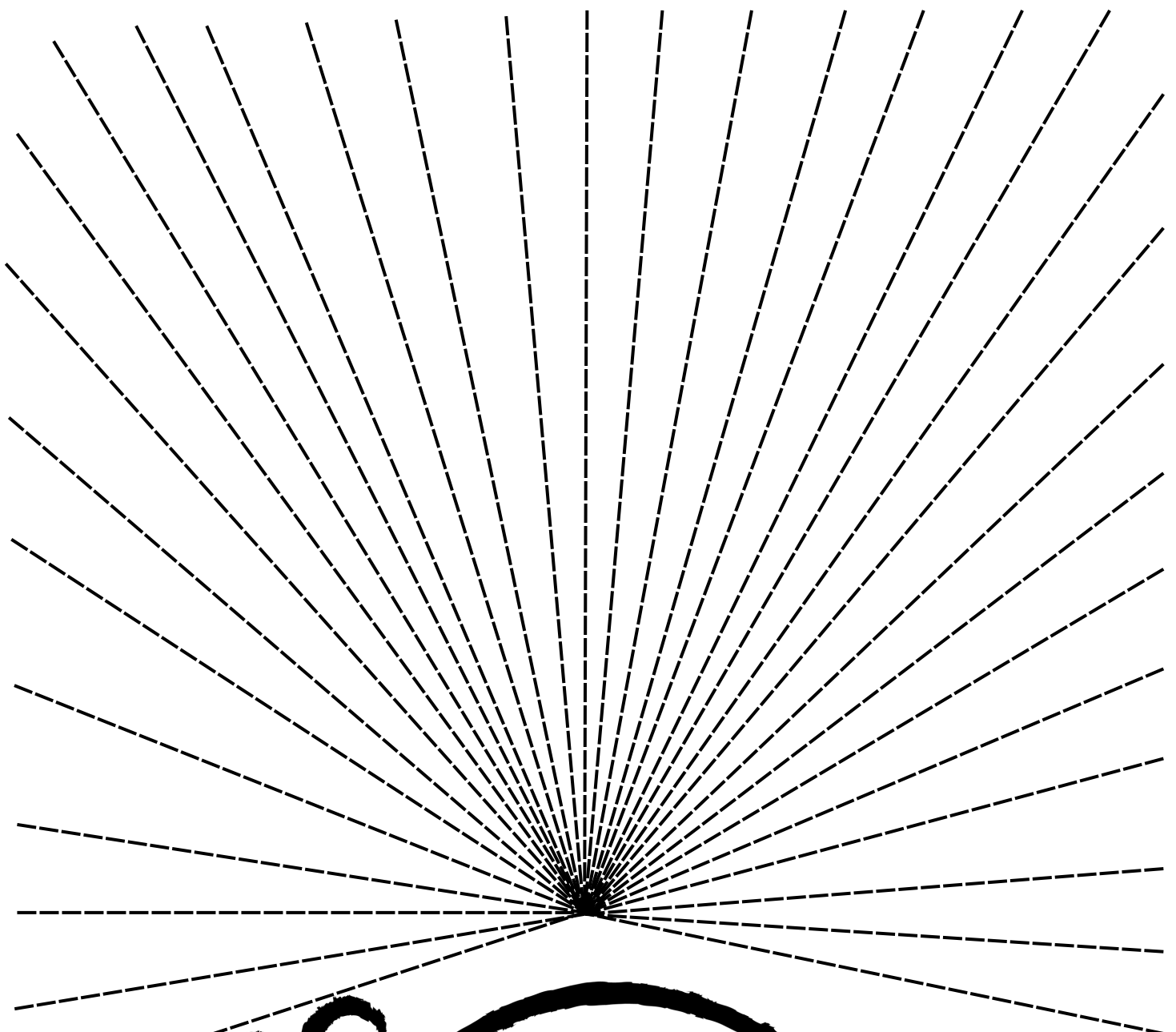
A square box with a ribbon-like border, intended for writing a gratitude note for Saturday.

SUN

A square box with a ribbon-like border, intended for writing a gratitude note for Sunday.

THIS WEEK, I'M GRATEFUL FOR...

A rectangular box with a spiral binding on the left side, intended for summarizing the week's gratitude.



**I AM
GRATEFUL FOR
MONTH**



JANUARY REFLECTIONS

WHAT WERE THE BEST MOMENTS OF THIS MONTH?



MY FAVORITE

MEMORIES

A large rectangular box with a decorative border of four corner tabs. Two banners are attached to the top edge, one above the other.

GOALS
ACHIEVED

A rectangular box with a decorative border of four corner tabs. A horizontal dashed line is drawn across the middle of the box.

WHAT CHALLENGES DID I FACE, AND WHAT DID I LEARN?

CHALLENGES

A large rectangular box with a banner attached to the top left corner.

LESSONS
LEARNED

A large rectangular box with a banner attached to the top left corner.



FEBRUARY REFLECTIONS

WHAT WERE THE BEST MOMENTS OF THIS MONTH?



MY FAVORITE

MEMORIES

MY FAVORITE
MEMORIES

GOALS
ACHIEVED

GOALS
ACHIEVED

WHAT CHALLENGES DID I FACE, AND WHAT DID I LEARN?

CHALLENGES

CHALLENGES

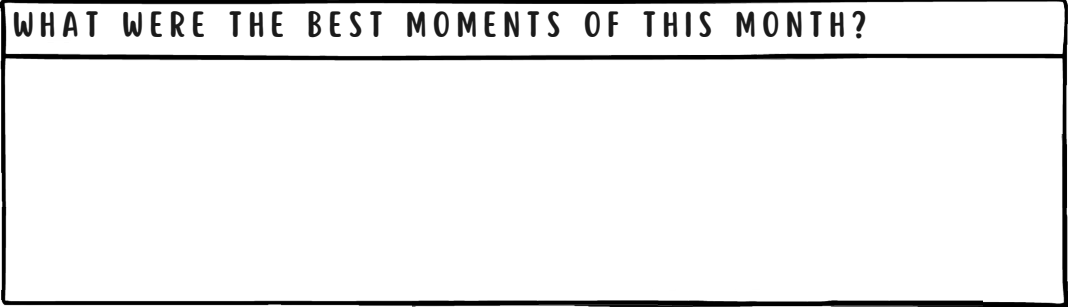
LESSONS
LEARNED

LESSONS
LEARNED

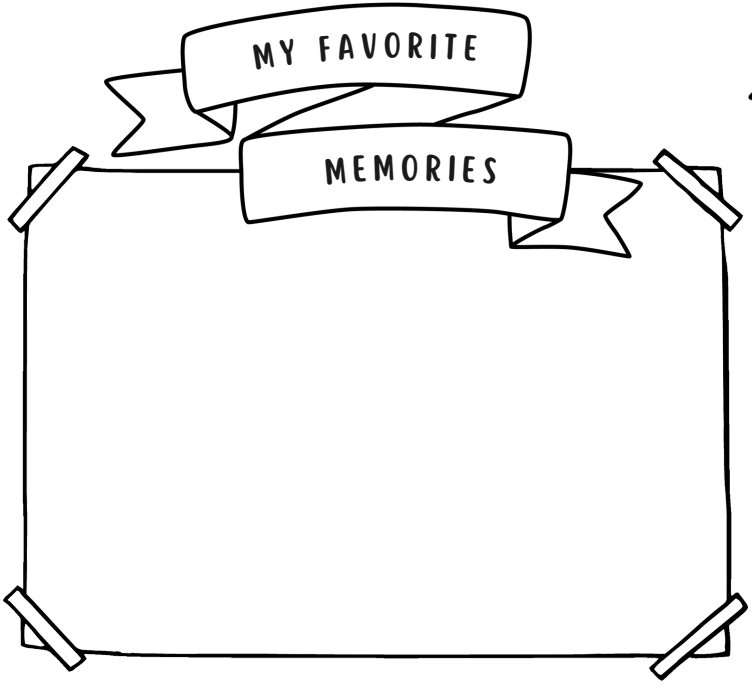


MARCH REFLECTIONS

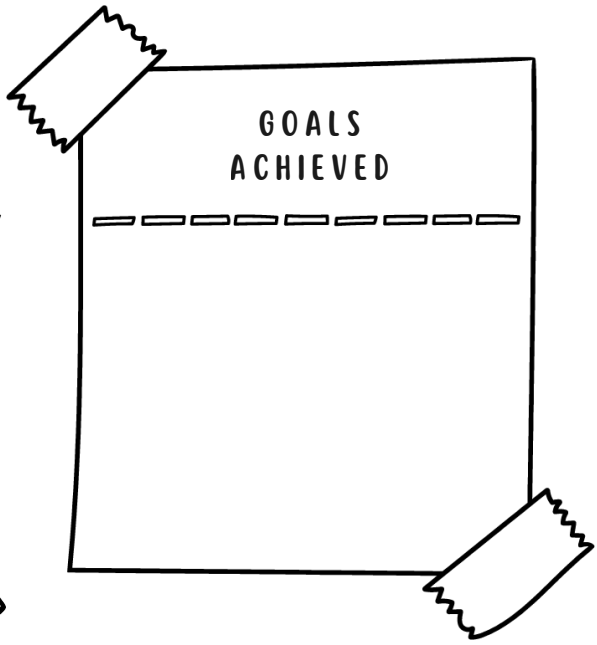
WHAT WERE THE BEST MOMENTS OF THIS MONTH?



MY FAVORITE
MEMORIES

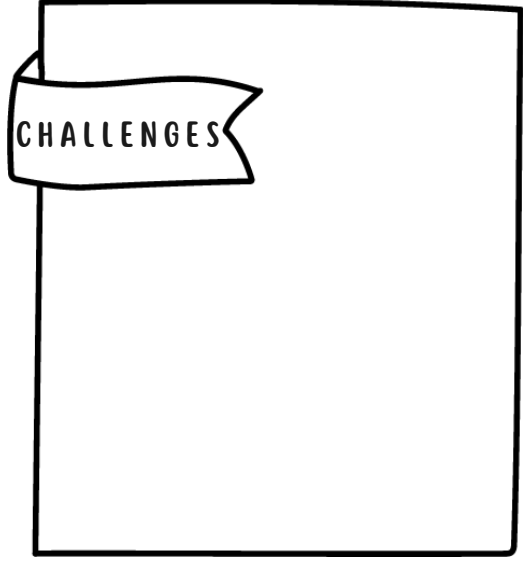


GOALS
ACHIEVED

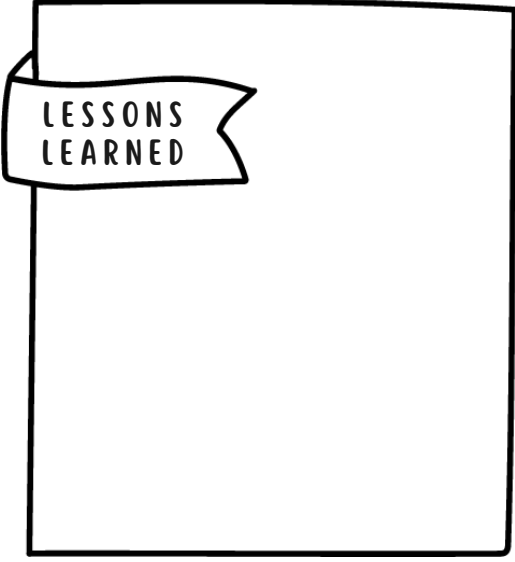


WHAT CHALLENGES DID I FACE, AND WHAT DID I LEARN?

CHALLENGES



LESSONS
LEARNED



APRIL REFLECTIONS

WHAT WERE THE BEST MOMENTS OF THIS MONTH?



MY FAVORITE

MEMORIES

MY FAVORITE
MEMORIES

GOALS
ACHIEVED

GOALS
ACHIEVED

WHAT CHALLENGES DID I FACE, AND WHAT DID I LEARN?

CHALLENGES

CHALLENGES

LESSONS
LEARNED

LESSONS
LEARNED



MAY REFLECTIONS

WHAT WERE THE BEST MOMENTS OF THIS MONTH?



MY FAVORITE

MEMORIES

MY FAVORITE
MEMORIES

GOALS
ACHIEVED

GOALS
ACHIEVED

WHAT CHALLENGES DID I FACE, AND WHAT DID I LEARN?

CHALLENGES

CHALLENGES

LESSONS
LEARNED

LESSONS
LEARNED



JUNE REFLECTIONS

WHAT WERE THE BEST MOMENTS OF THIS MONTH?



MY FAVORITE

MEMORIES

MY FAVORITE
MEMORIES

GOALS
ACHIEVED

GOALS
ACHIEVED

WHAT CHALLENGES DID I FACE, AND WHAT DID I LEARN?

CHALLENGES

CHALLENGES

LESSONS
LEARNED

LESSONS
LEARNED



JULY REFLECTIONS

WHAT WERE THE BEST MOMENTS OF THIS MONTH?



MY FAVORITE

MEMORIES

MY FAVORITE

MEMORIES

GOALS
ACHIEVED

GOALS
ACHIEVED

WHAT CHALLENGES DID I FACE, AND WHAT DID I LEARN?

CHALLENGES

CHALLENGES

LESSONS
LEARNED

LESSONS
LEARNED



AUGUST REFLECTIONS

WHAT WERE THE BEST MOMENTS OF THIS MONTH?



MY FAVORITE

MEMORIES

MY FAVORITE
MEMORIES

GOALS
ACHIEVED

GOALS
ACHIEVED

WHAT CHALLENGES DID I FACE, AND WHAT DID I LEARN?

CHALLENGES

CHALLENGES

LESSONS
LEARNED

LESSONS
LEARNED



SEPTEMBER REFLECTIONS

WHAT WERE THE BEST MOMENTS OF THIS MONTH?



MY FAVORITE

MEMORIES

MY FAVORITE
MEMORIES

GOALS
ACHIEVED

GOALS
ACHIEVED

WHAT CHALLENGES DID I FACE, AND WHAT DID I LEARN?

CHALLENGES

CHALLENGES

LESSONS
LEARNED

LESSONS
LEARNED



OCTOBER REFLECTIONS

WHAT WERE THE BEST MOMENTS OF THIS MONTH?



MY FAVORITE

MEMORIES

MY FAVORITE
MEMORIES

GOALS
ACHIEVED

GOALS
ACHIEVED

WHAT CHALLENGES DID I FACE, AND WHAT DID I LEARN?

CHALLENGES

CHALLENGES

LESSONS
LEARNED

LESSONS
LEARNED



NOVEMBER REFLECTIONS

WHAT WERE THE BEST MOMENTS OF THIS MONTH?



MY FAVORITE

MEMORIES

MY FAVORITE
MEMORIES

GOALS
ACHIEVED

GOALS
ACHIEVED

WHAT CHALLENGES DID I FACE, AND WHAT DID I LEARN?

CHALLENGES

CHALLENGES

LESSONS
LEARNED

LESSONS
LEARNED



DECEMBER REFLECTIONS

WHAT WERE THE BEST MOMENTS OF THIS MONTH?



MY FAVORITE

MEMORIES

MY FAVORITE

MEMORIES

GOALS
ACHIEVED

WHAT CHALLENGES DID I FACE, AND WHAT DID I LEARN?

CHALLENGES

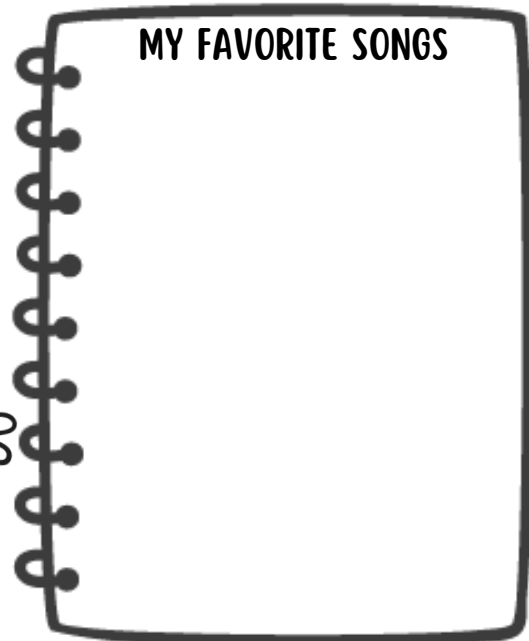
CHALLENGES

LESSONS
LEARNED

LESSONS
LEARNED



FOR THE SOUL

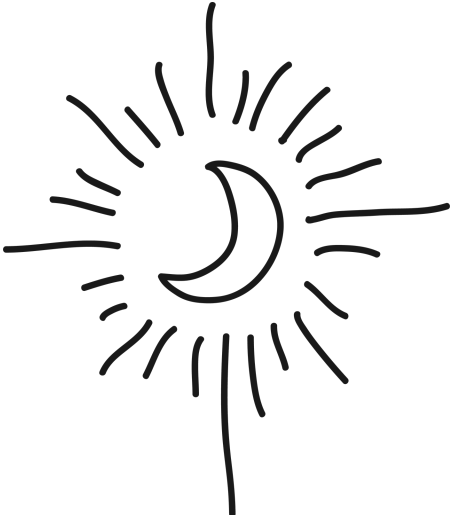
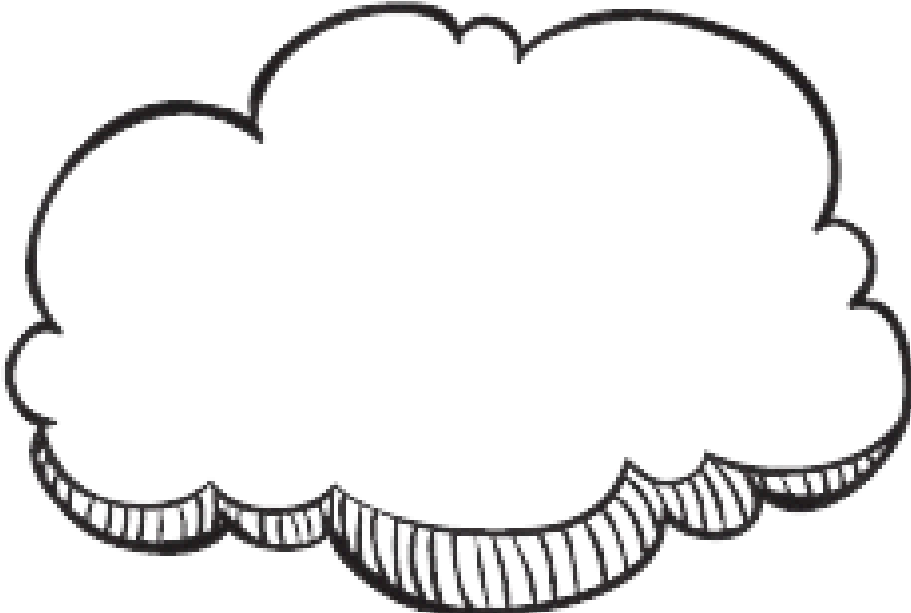


BUCKET LIST

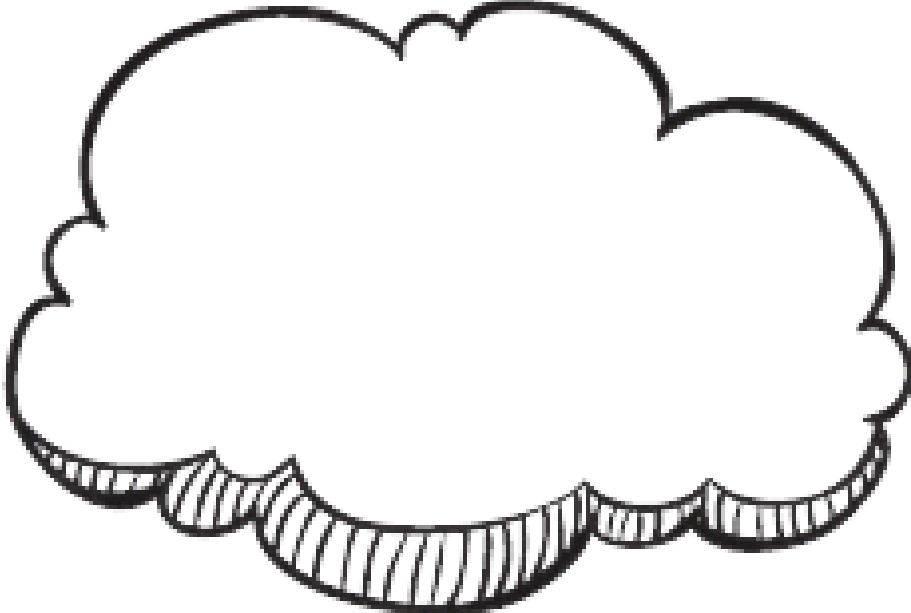


MANIFESTING MY DREAMS

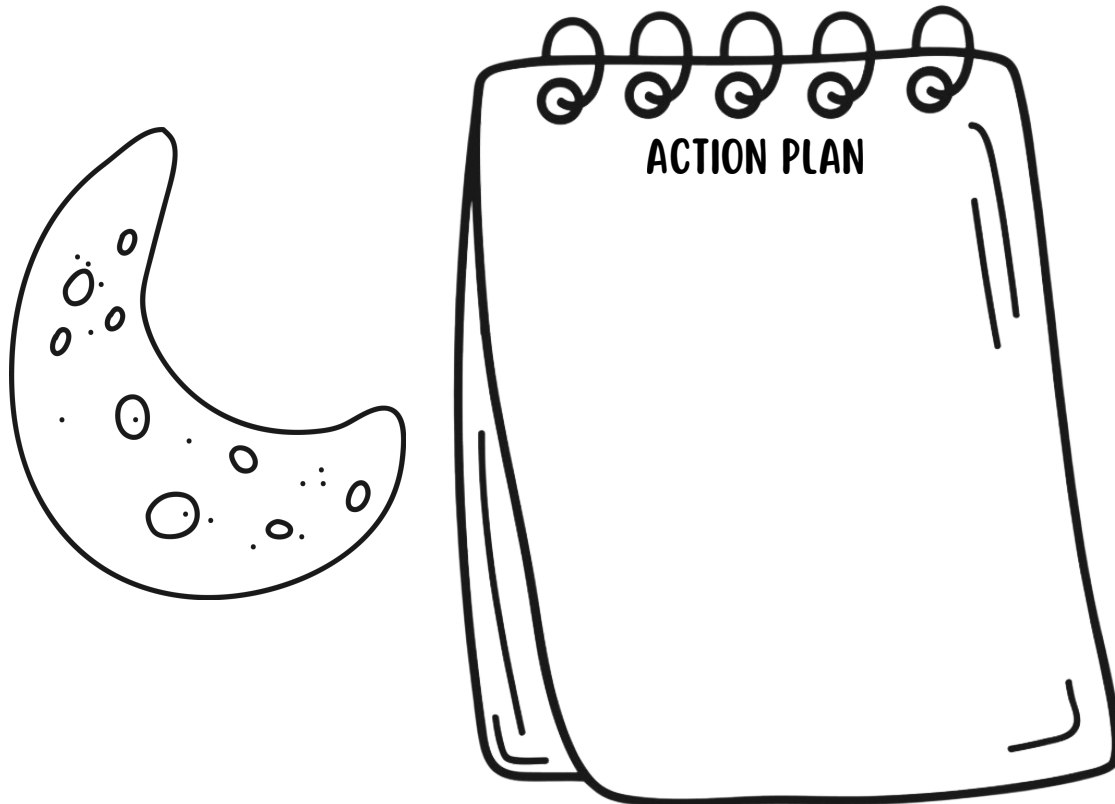
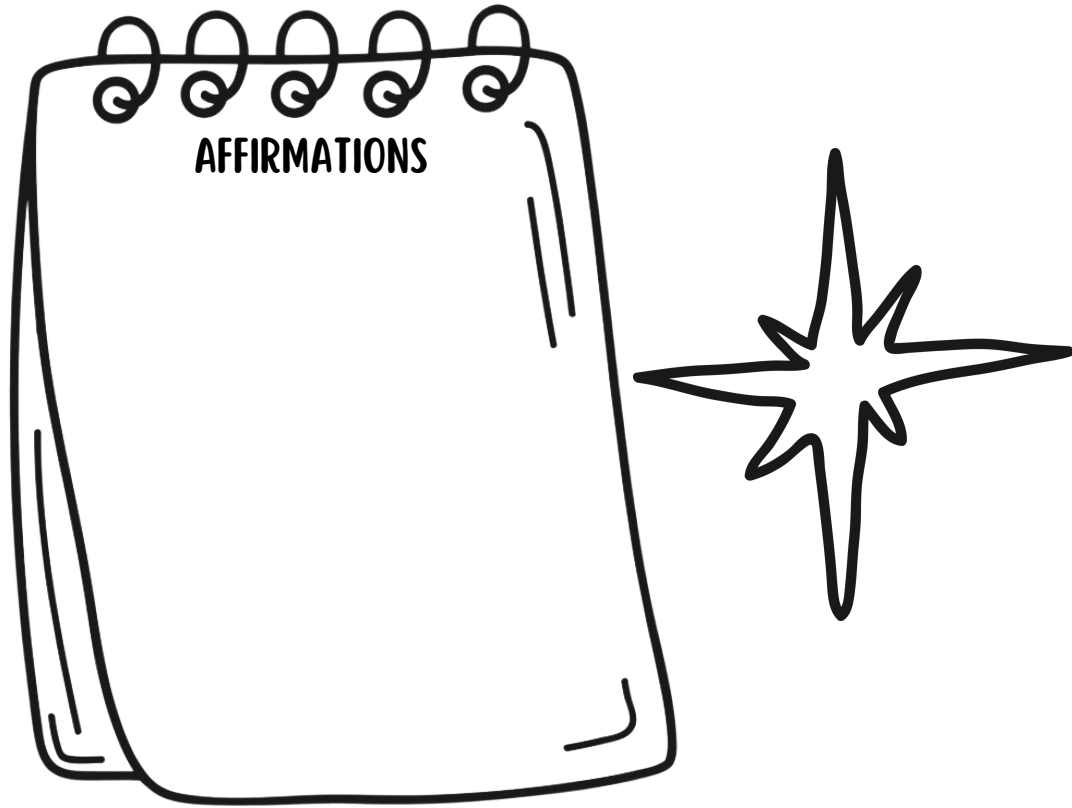
VISION STATEMENT



GRATITUDE FOR THE FUTURE

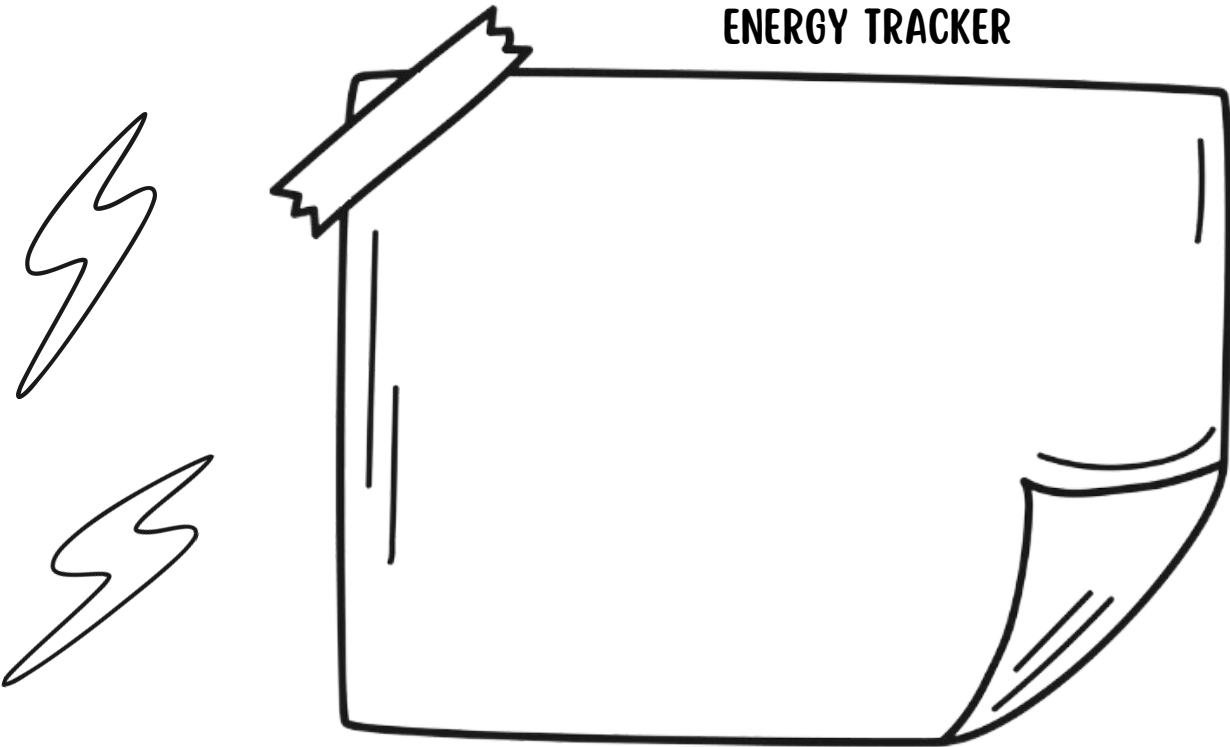


EMPOWERING MY MANIFESTATIONS

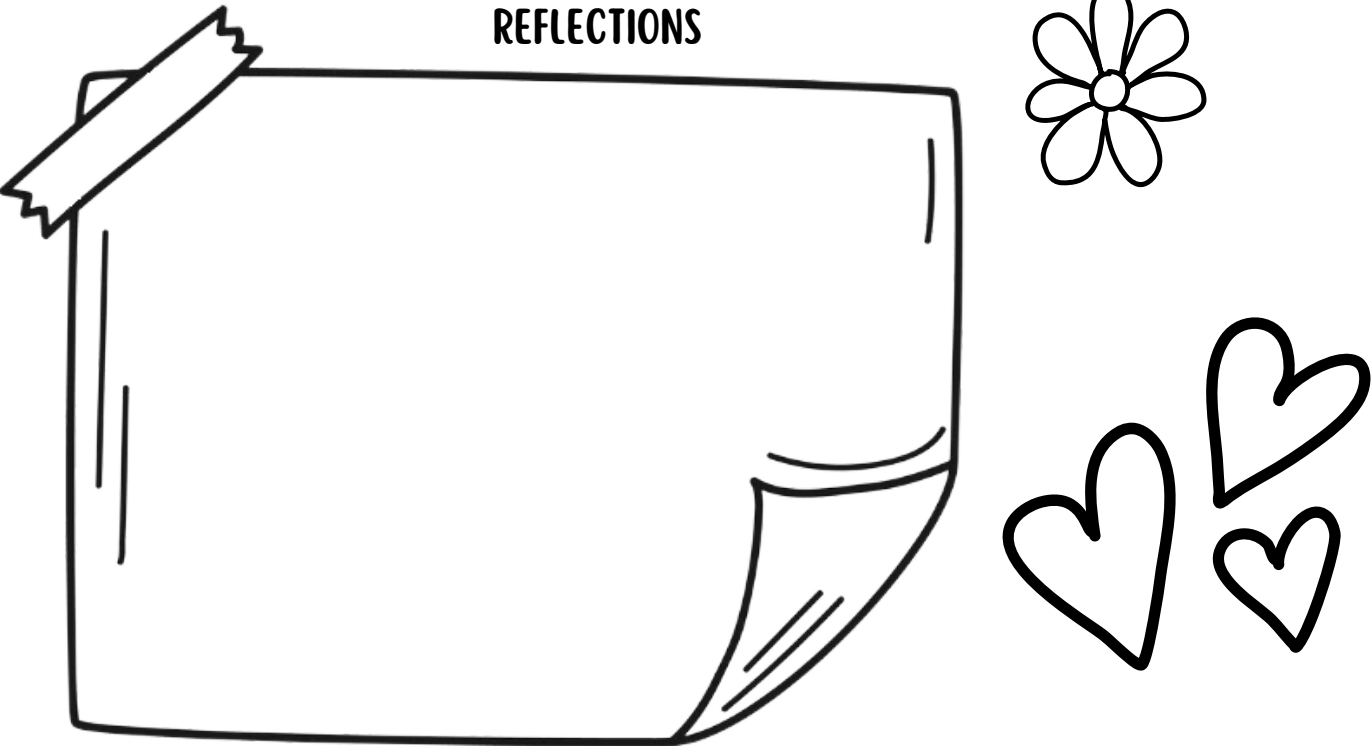


ALIGNING WITH MY MANIFESTATIONS

ENERGY TRACKER



REFLECTIONS



AFFIRMATIONS

CREATE MEANINGFUL AFFIRMATIONS FOR THE AREAS YOU WANT TO IMPROVE. USE PRESENT-TENSE "I" STATEMENTS AND CHOOSE POSITIVE LANGUAGE (AVOID WORDS LIKE "CAN'T" OR "WON'T"). FOR EXAMPLE, SAY "I AM FULL OF ENERGY AND ALWAYS TAKE ACTION" INSTEAD OF "I AM NOT LAZY." MAKE A HABIT OF USING THESE AFFIRMATIONS, ESPECIALLY WHEN YOU CATCH YOURSELF DOING THE OPPOSITE OF WHAT YOU SHOULD.

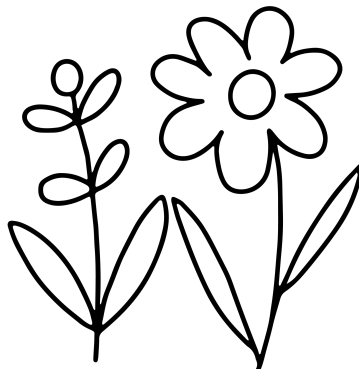
RELATIONSHIPS

FINANCES

CAREER

HEALTH

LOVE



CURRENTLY HAPPENING IN MY LIFE

DATE:

BIGGEST JOYS

CHALLENGES I'M FACING

RECENT ACCOMPLISHMENTS

GOALS IN PROGRESS

DAILY ROUTINES

RELATIONSHIPS

PERSONAL GROWTH

HEALTH AND WELLNESS

CURRENT FOCUS

INSPIRATIONS

NEW DISCOVERIES

WHAT I'M LETTING GO OF



HIGHLIGHT OF THE DAY

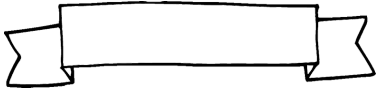
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DAILY REVIEW

RATE MY DAY



I AM GRATEFUL FOR _____

WINS OF THE DAY

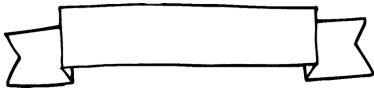
LESSONS LEARNED

MOMENTS OF JOY

WHAT'S MY CURRENT MOOD?

HOW COULD I HAVE IMPROVED TODAY?

WHAT STEPS CAN I TAKE TO IMPROVE TOMORROW?



MONTHLY REVIEW

RATE MY MONTH



THREE THINGS I'M MOST GRATEFUL FOR THIS MONTH

- _____
- _____
- _____

MY BIGGEST ACHIEVEMENTS THIS MONTH?

LESSONS I TAKE AWAY THIS MONTH?

HOW WAS MY OVERALL MOOD?

HIGHLIGHTS OF THE MONTH

WHAT COULD I IMPROVE ON NEXT MONTH?

WHAT ARE MY INTENTIONS FOR NEXT MONTH?