



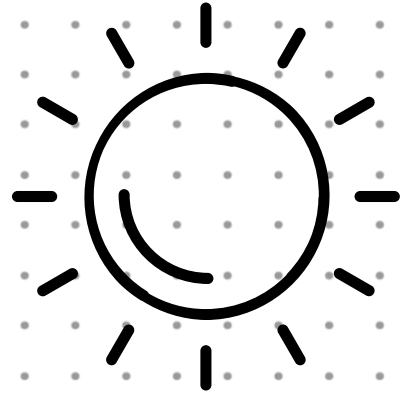
# WELLNESS TRACKER



# DAILY GRATITUDE

DATE:

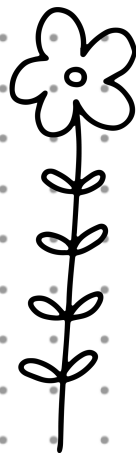
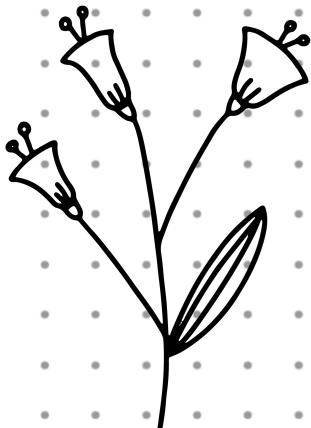
AFFIRMATIONS



WHY THIS MATTERS

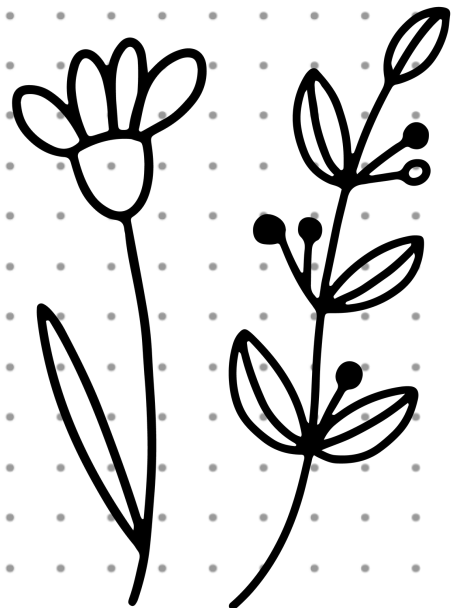
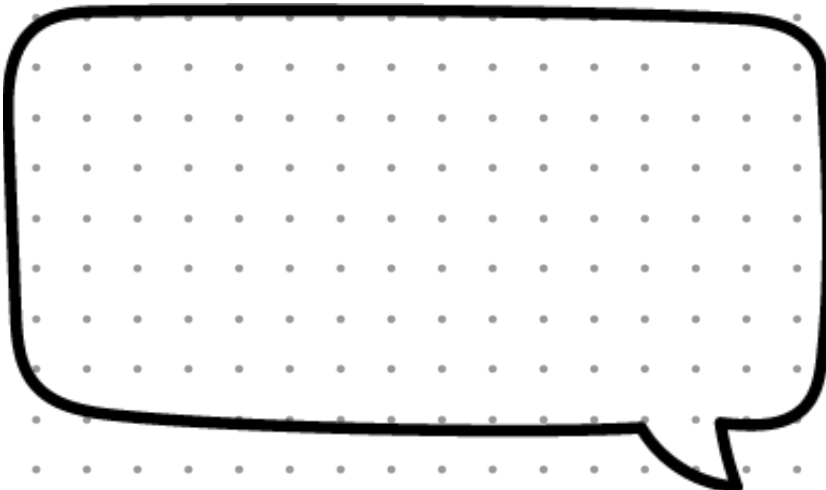
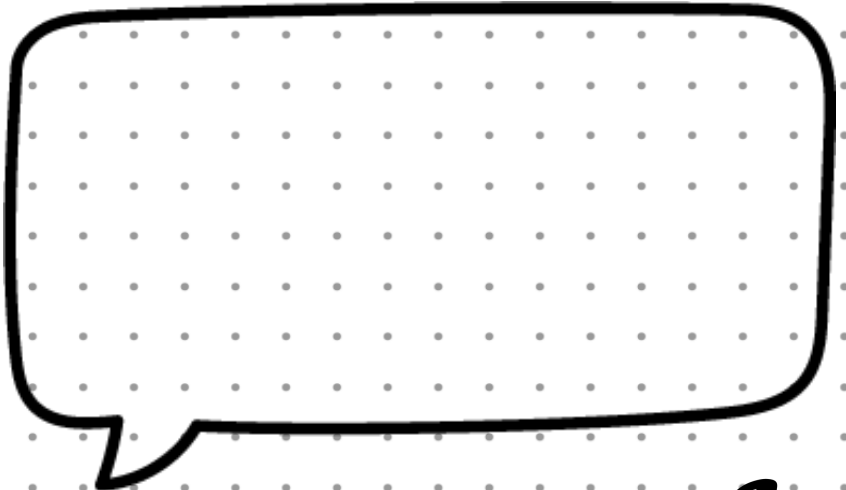
HOW DO I FEEL WHEN I SAY THIS AFFIRMATION?

WHAT PART OF MY LIFE DOES THIS AFFIRMATION IMPACT?



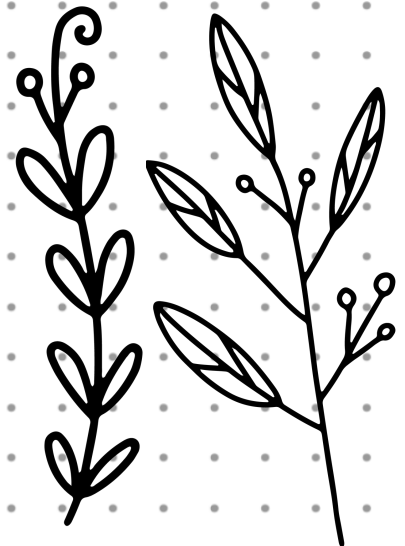
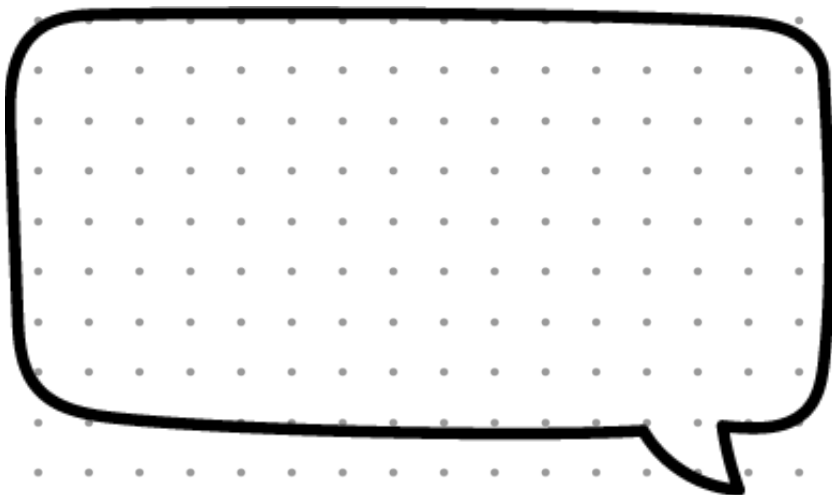
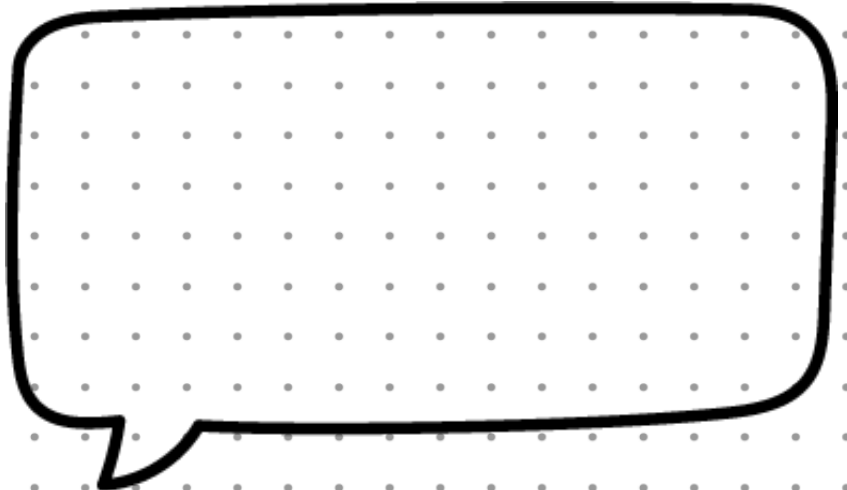
# MONDAY

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



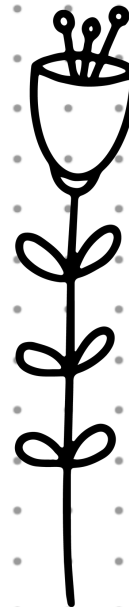
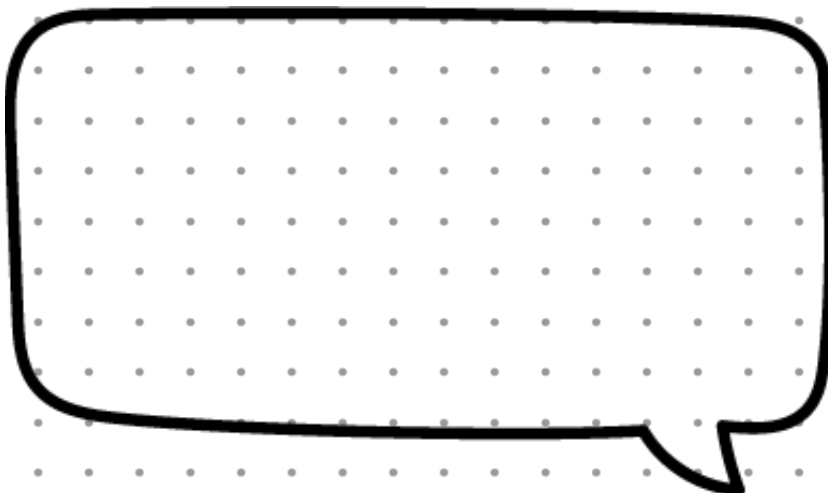
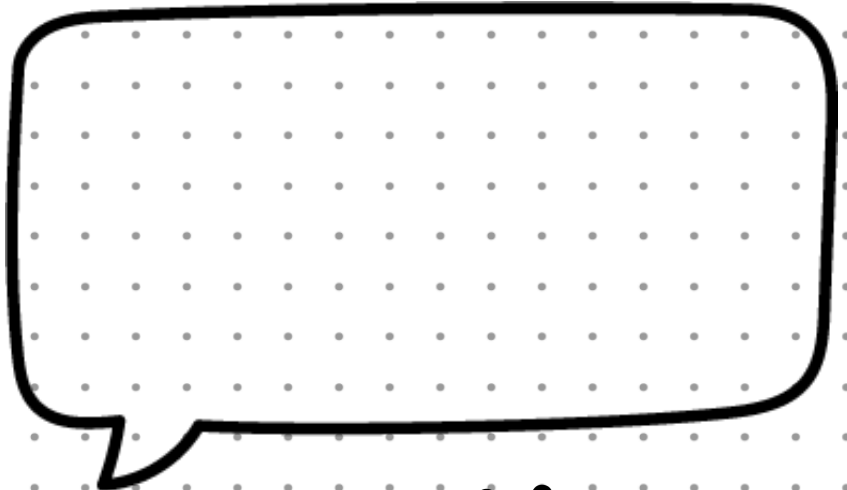
# TUESDAY

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



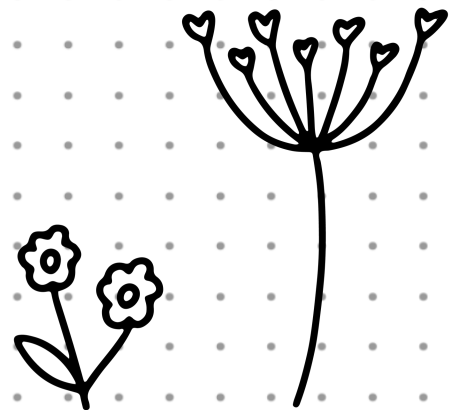
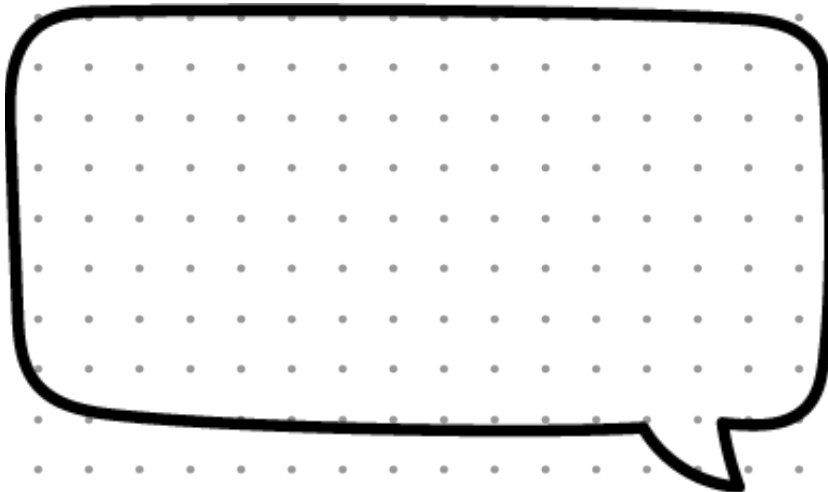
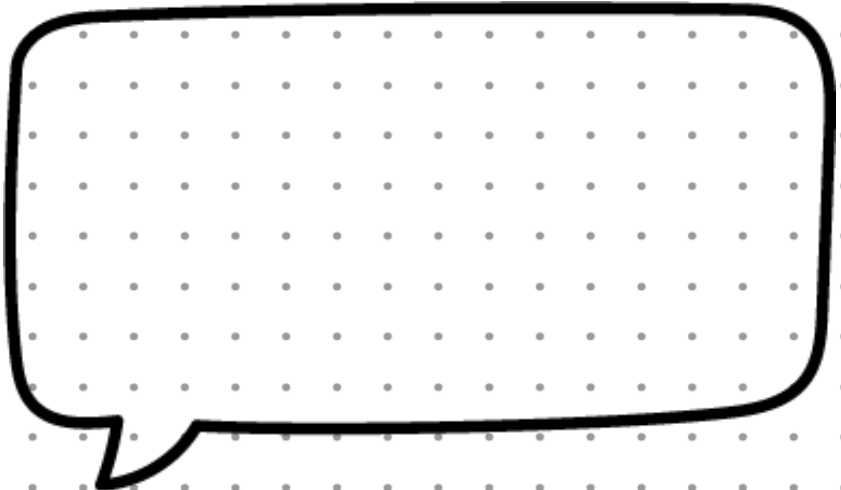
# WEDNESDAY

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



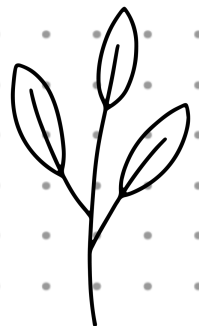
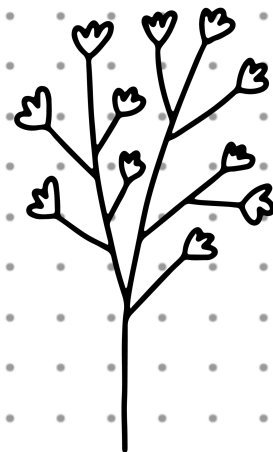
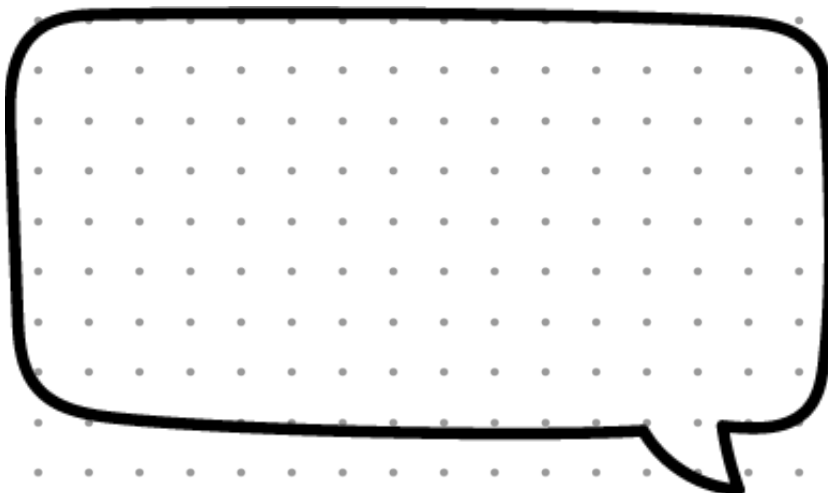
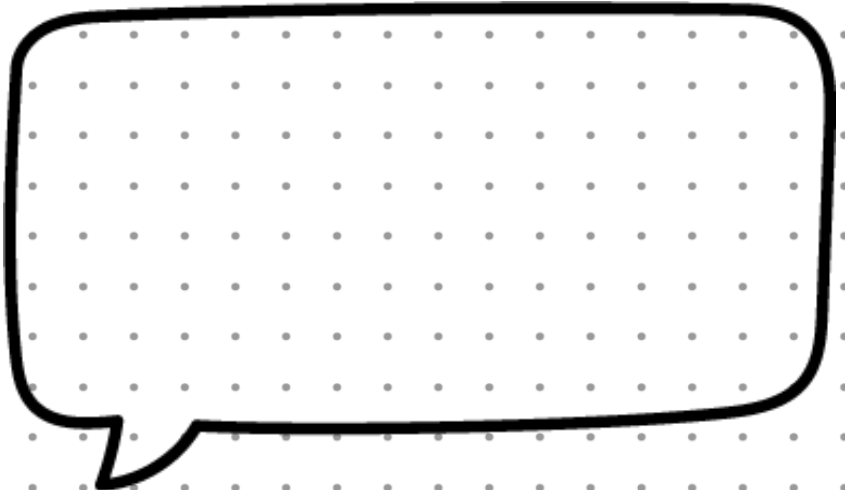
# THURSDAY

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



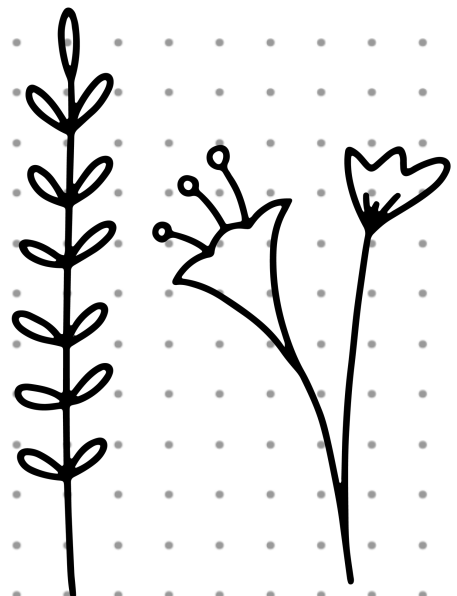
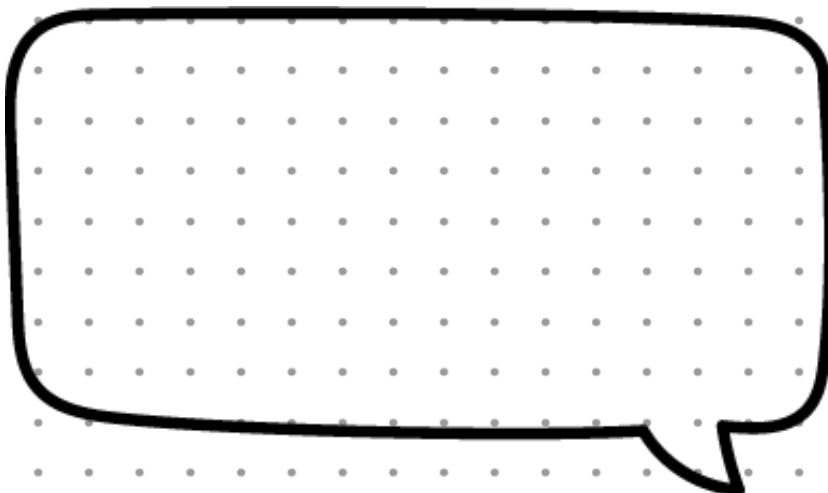
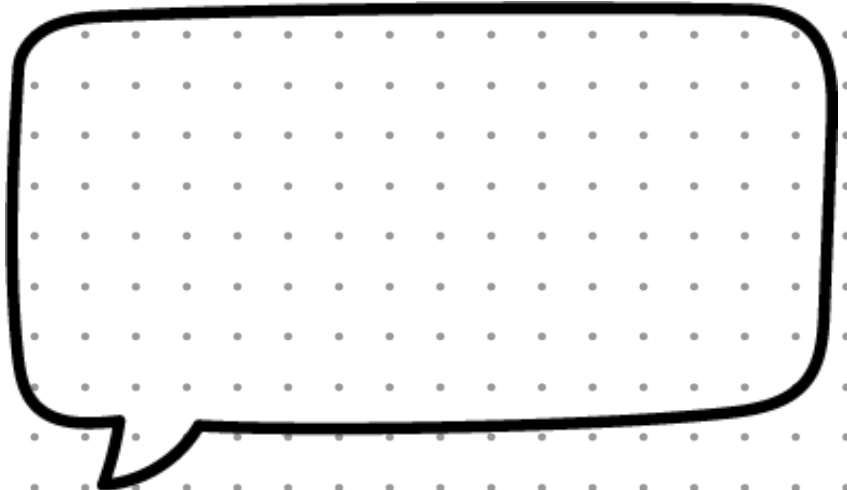
# FRIDAY

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



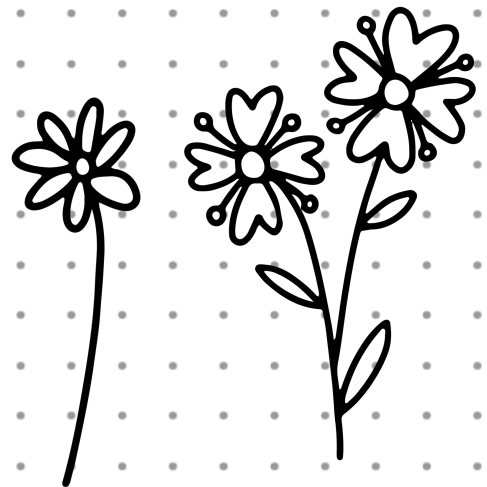
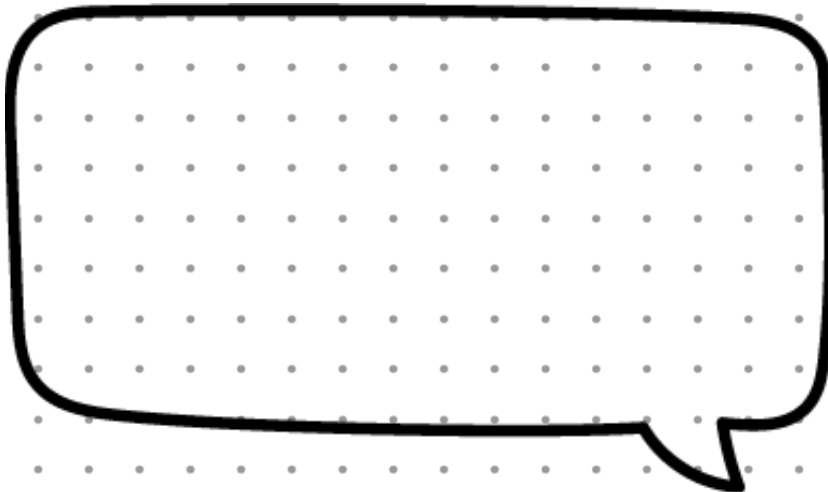
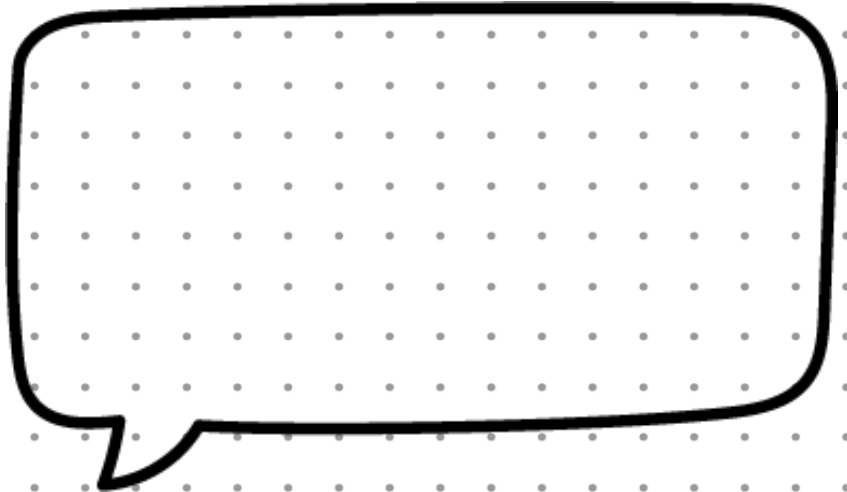
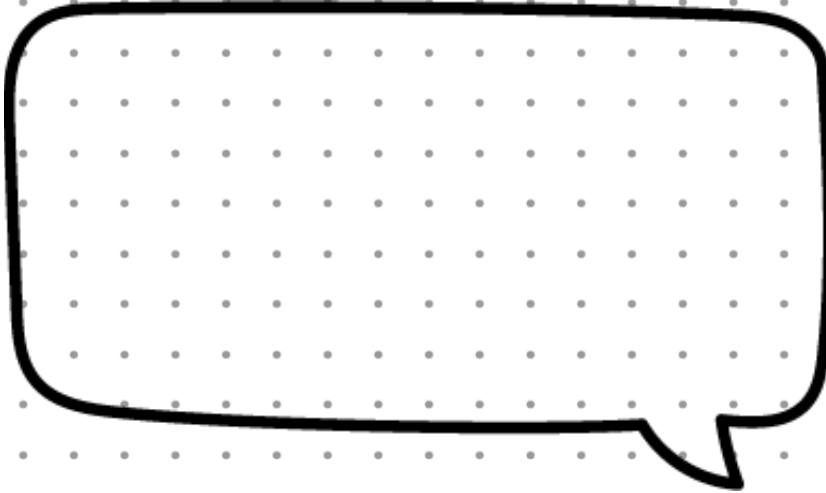
# SATURDAY

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



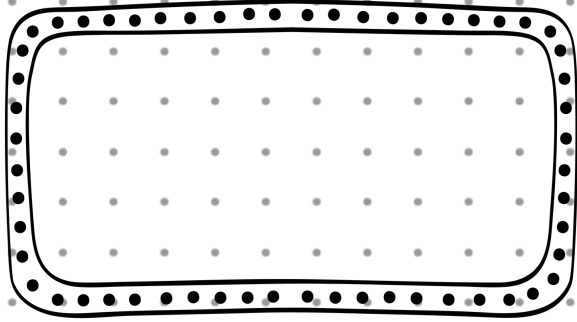
# SUNDAY

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

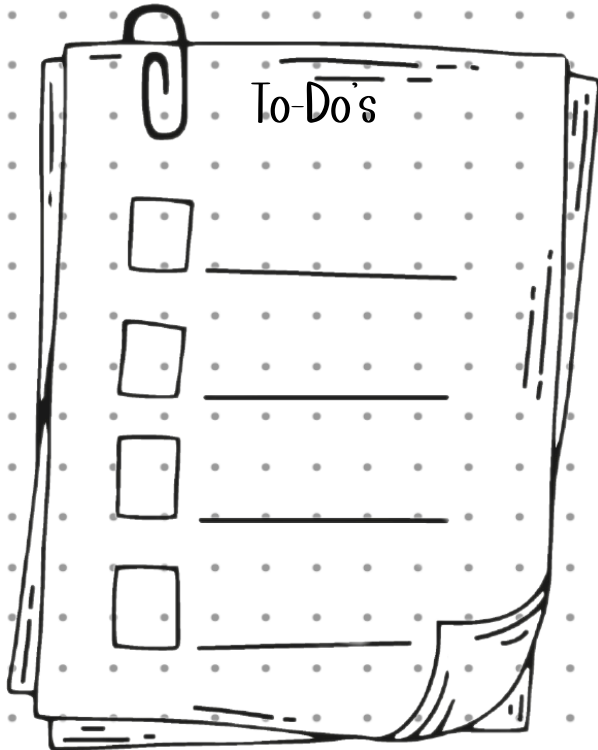


# MONDAY

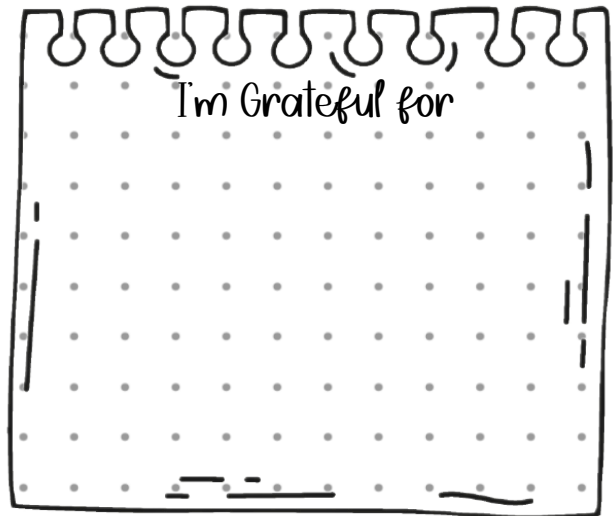
Main focus Of The Day



To-Do's



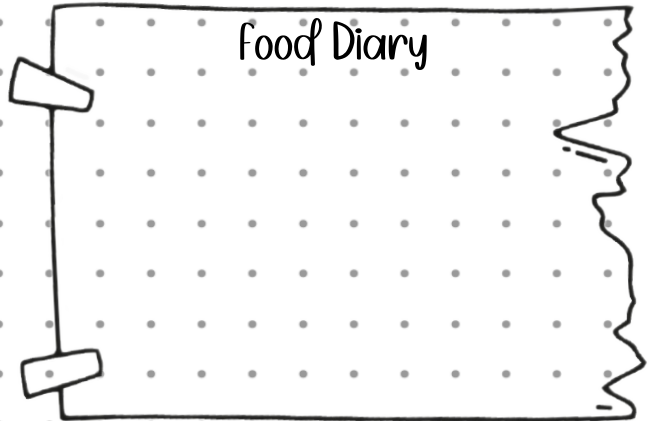
I'm Grateful for



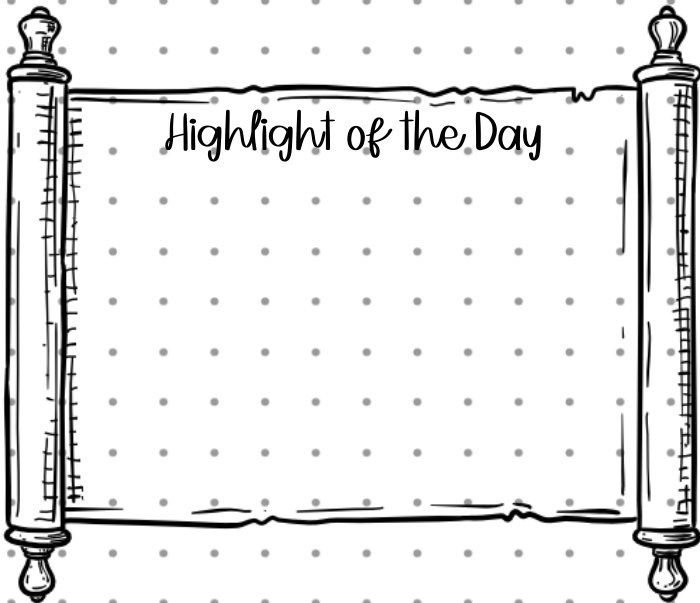
Water Check



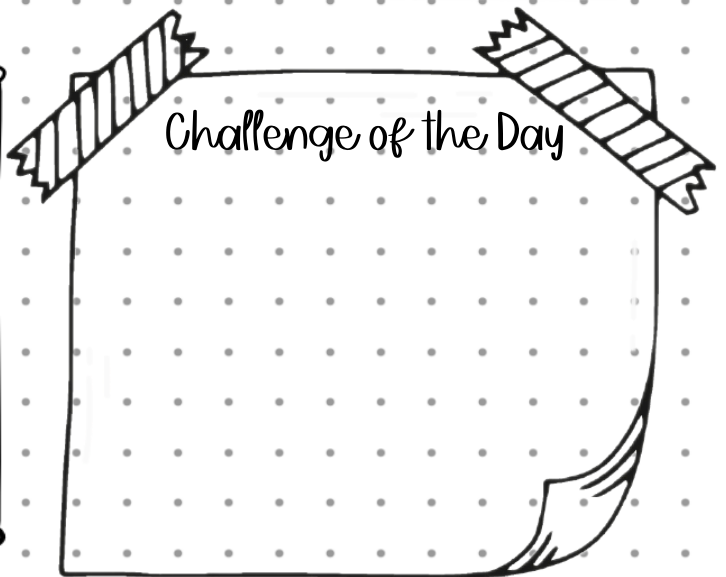
Food Diary



Highlight of the Day

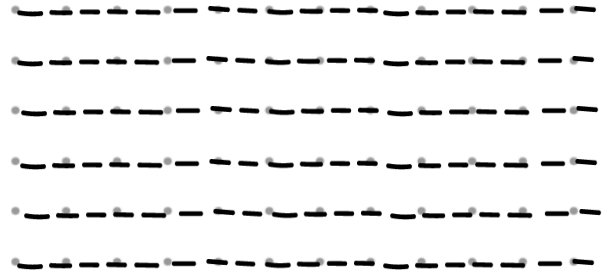
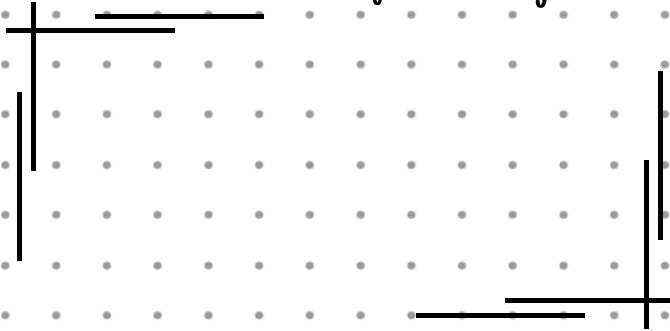


Challenge of the Day

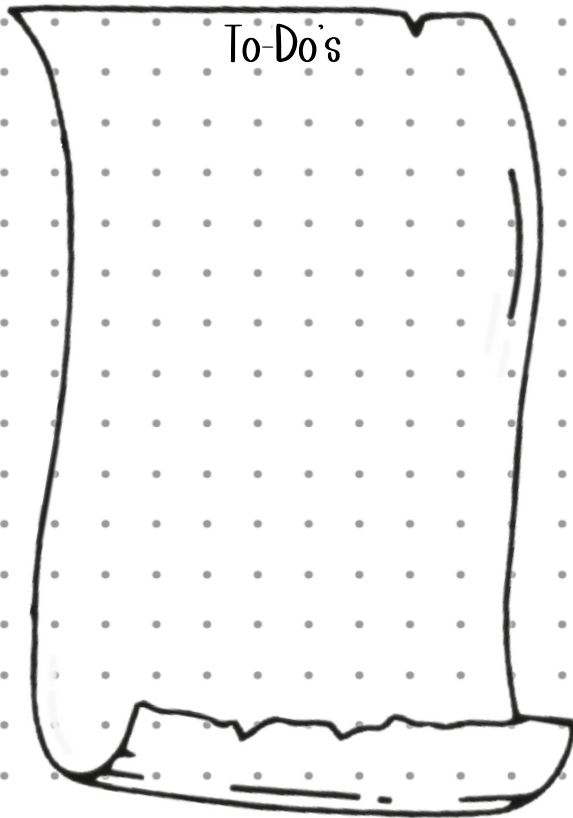


# TUESDAY

Main Focus Of The Day



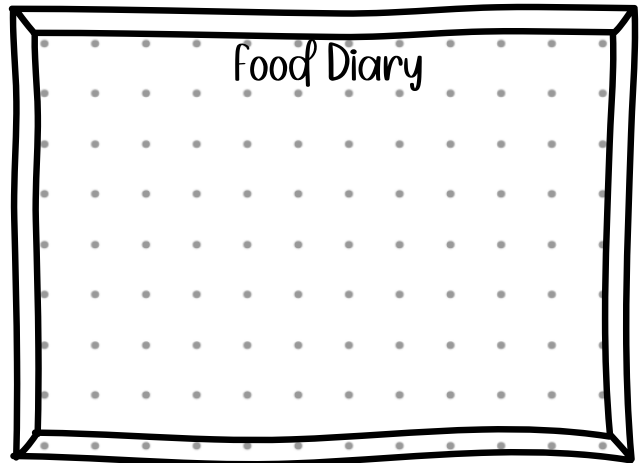
To-Do's



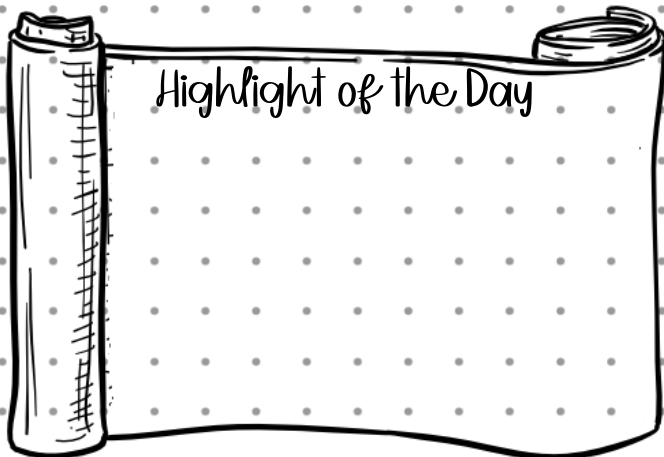
Water Check



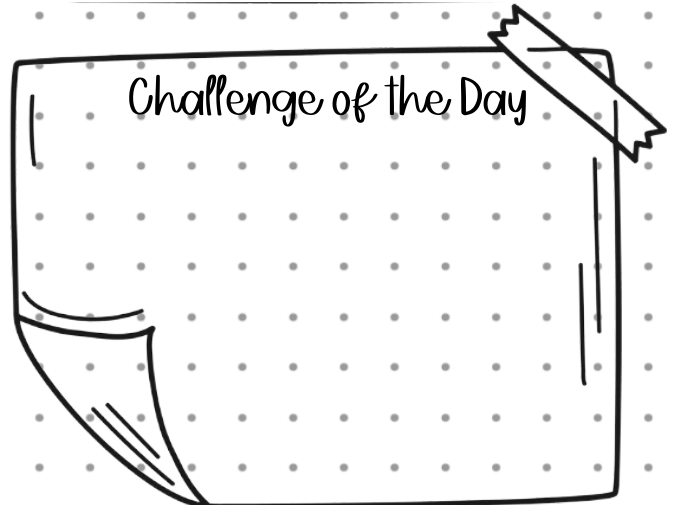
Food Diary



Highlight of the Day



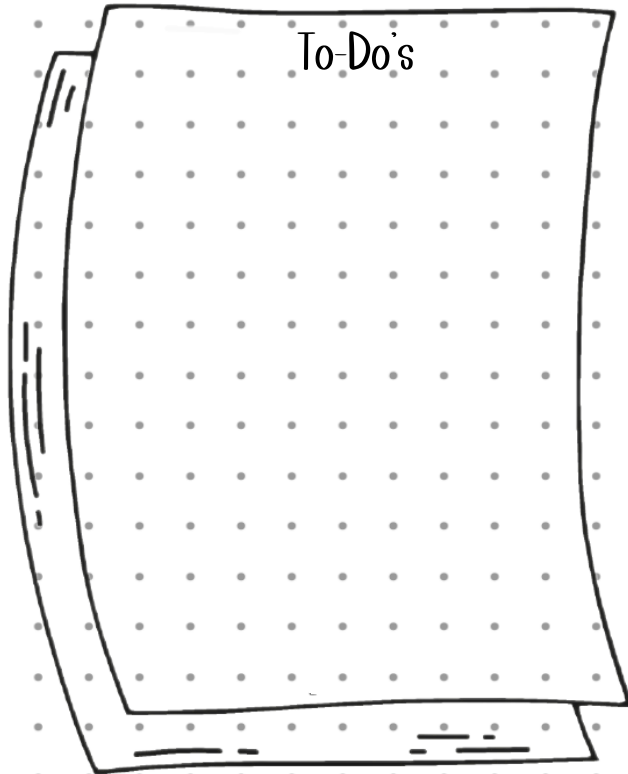
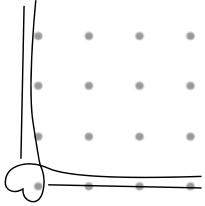
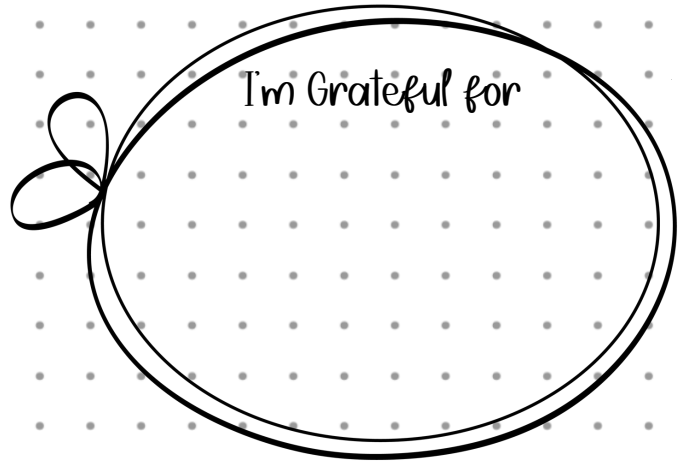
Challenge of the Day



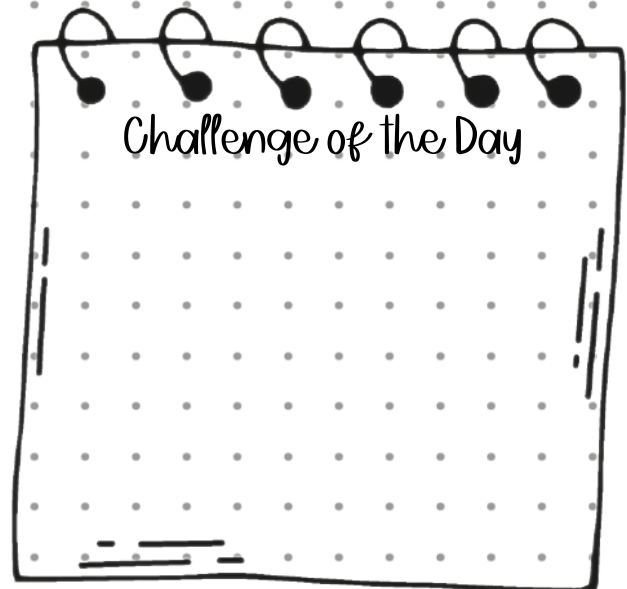
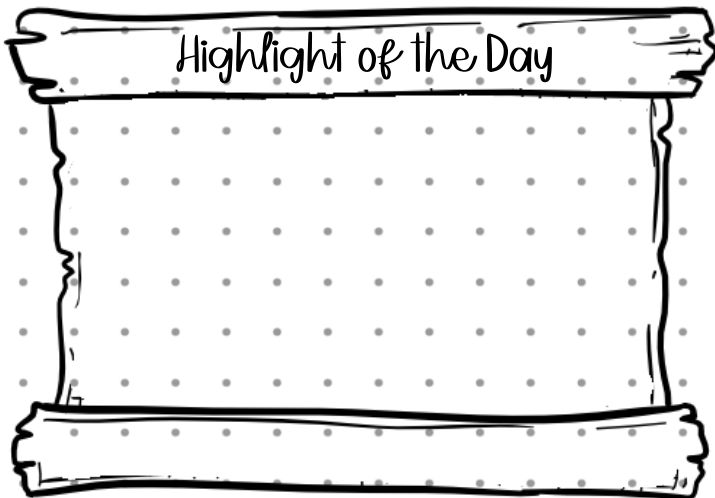
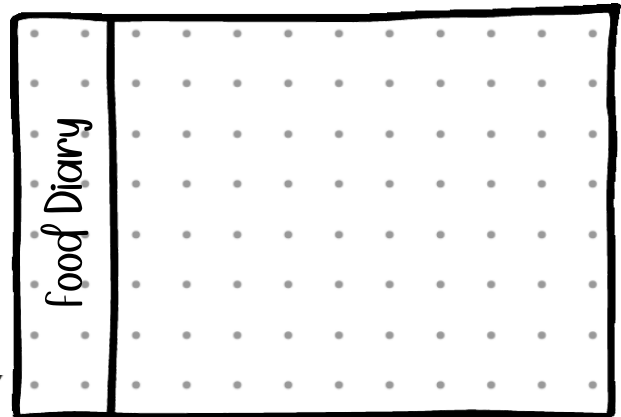


# THURSDAY

Main focus Of The Day



Water Check



# FRIDAY

Main focus Of The Day

I'm Grateful for

To-Do's

Water Check

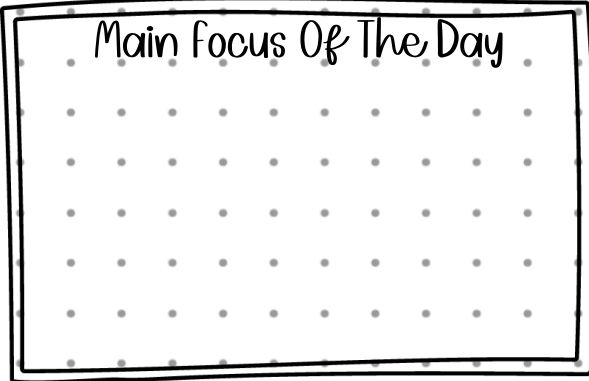
Food Diary

Highlight of the Day

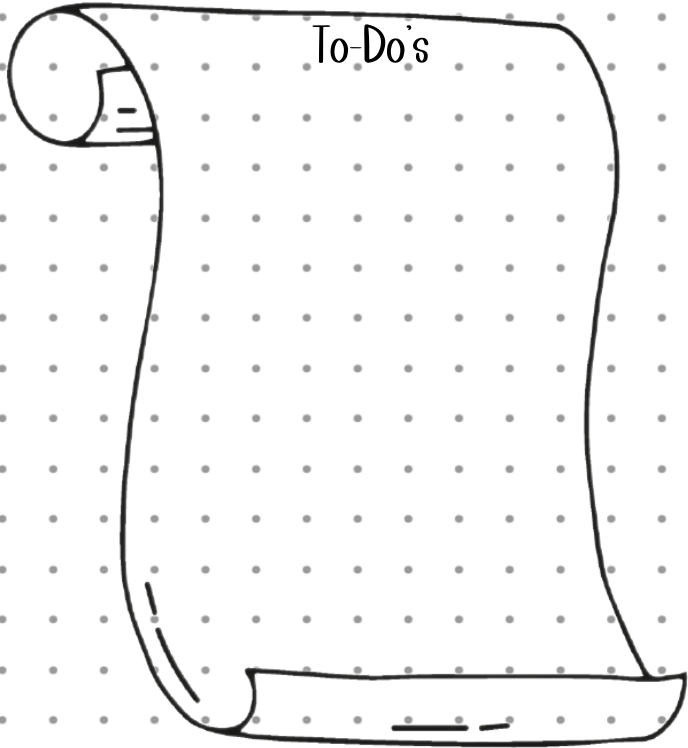
Challenge of the Day

# SATURDAY

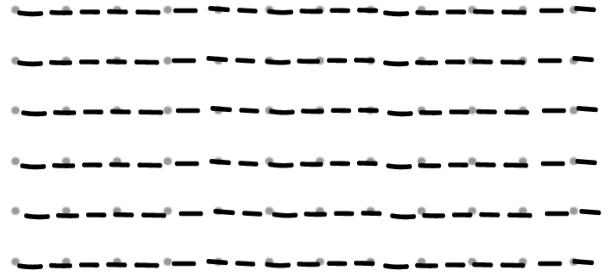
Main focus Of The Day



To-Do's



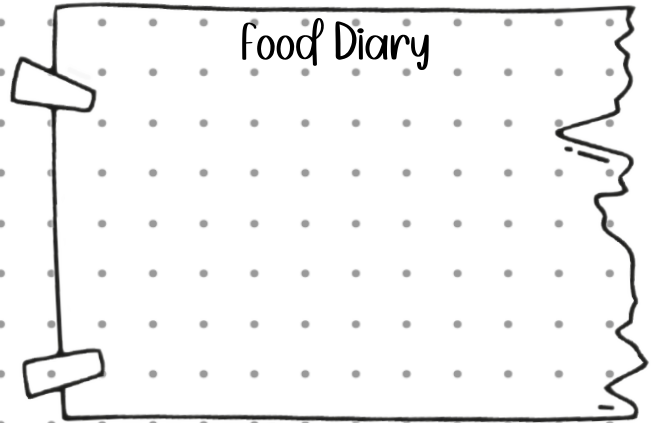
I'm Grateful for



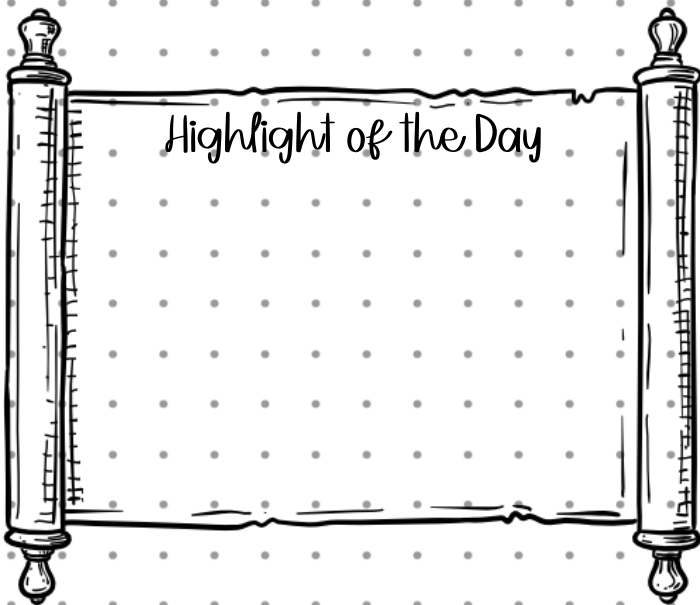
Water Check



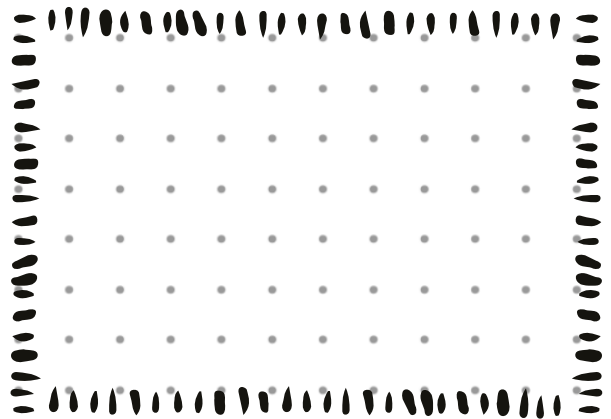
Food Diary



Highlight of the Day

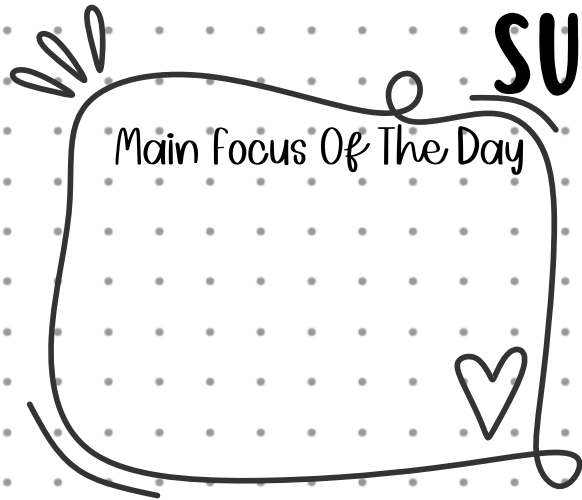


Challenge of the Day



# SUNDAY

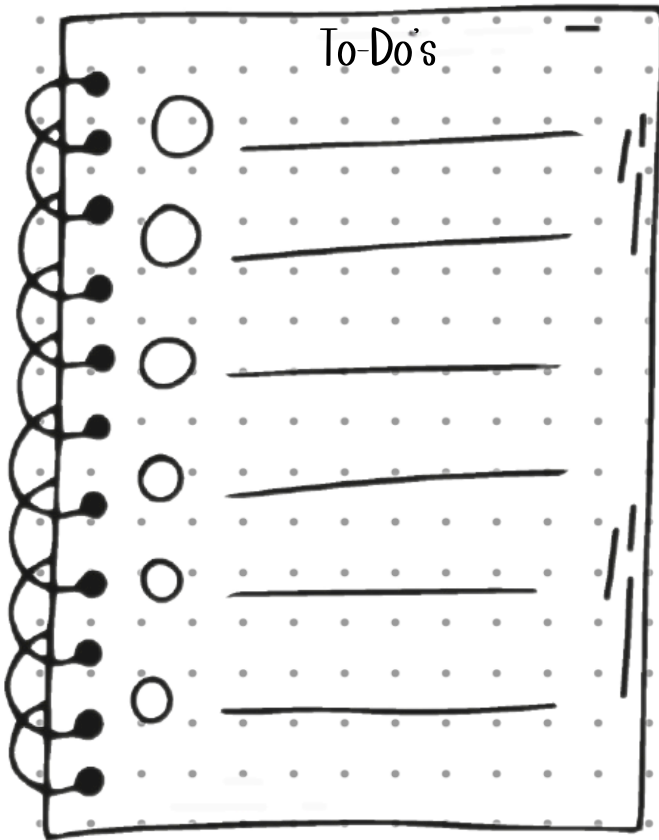
Main Focus Of The Day



I'm Grateful for



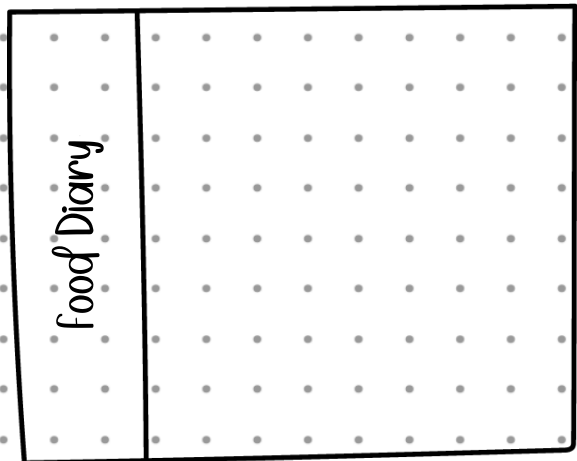
To-Do's



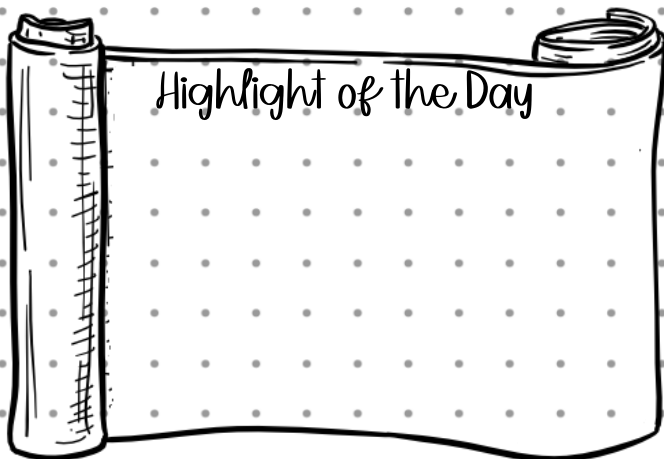
Water Check



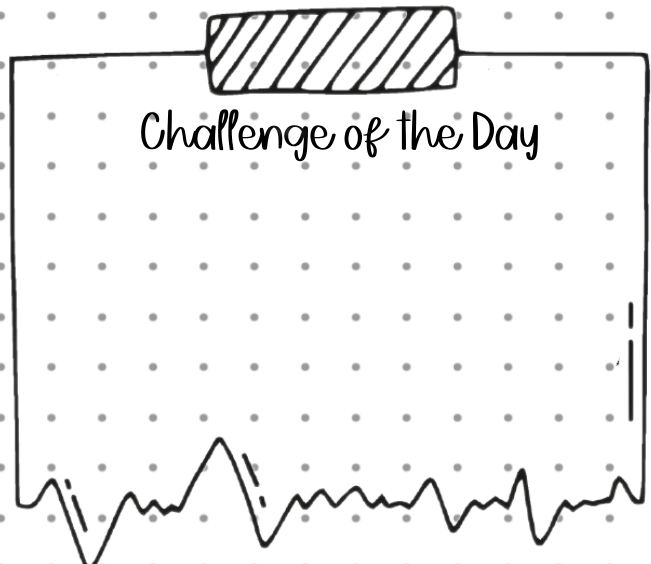
Food Diary



Highlight of the Day



Challenge of the Day





# WEEKLY GRATITUDE

WEEK:

MON

A large, hand-drawn rectangular box with a scalloped border, intended for writing a gratitude note for Monday. It has a ribbon-like banner at the top left with the word 'MON' written on it.

TUE

A large, hand-drawn rectangular box with a scalloped border, intended for writing a gratitude note for Tuesday. It has a ribbon-like banner at the top left with the word 'TUE' written on it.

WED

A large, hand-drawn rectangular box with a scalloped border, intended for writing a gratitude note for Wednesday. It has a ribbon-like banner at the top left with the word 'WED' written on it.

THU

A large, hand-drawn rectangular box with a scalloped border, intended for writing a gratitude note for Thursday. It has a ribbon-like banner at the top left with the word 'THU' written on it.

FRI

A large, hand-drawn rectangular box with a scalloped border, intended for writing a gratitude note for Friday. It has a ribbon-like banner at the top left with the word 'FRI' written on it.

SAT

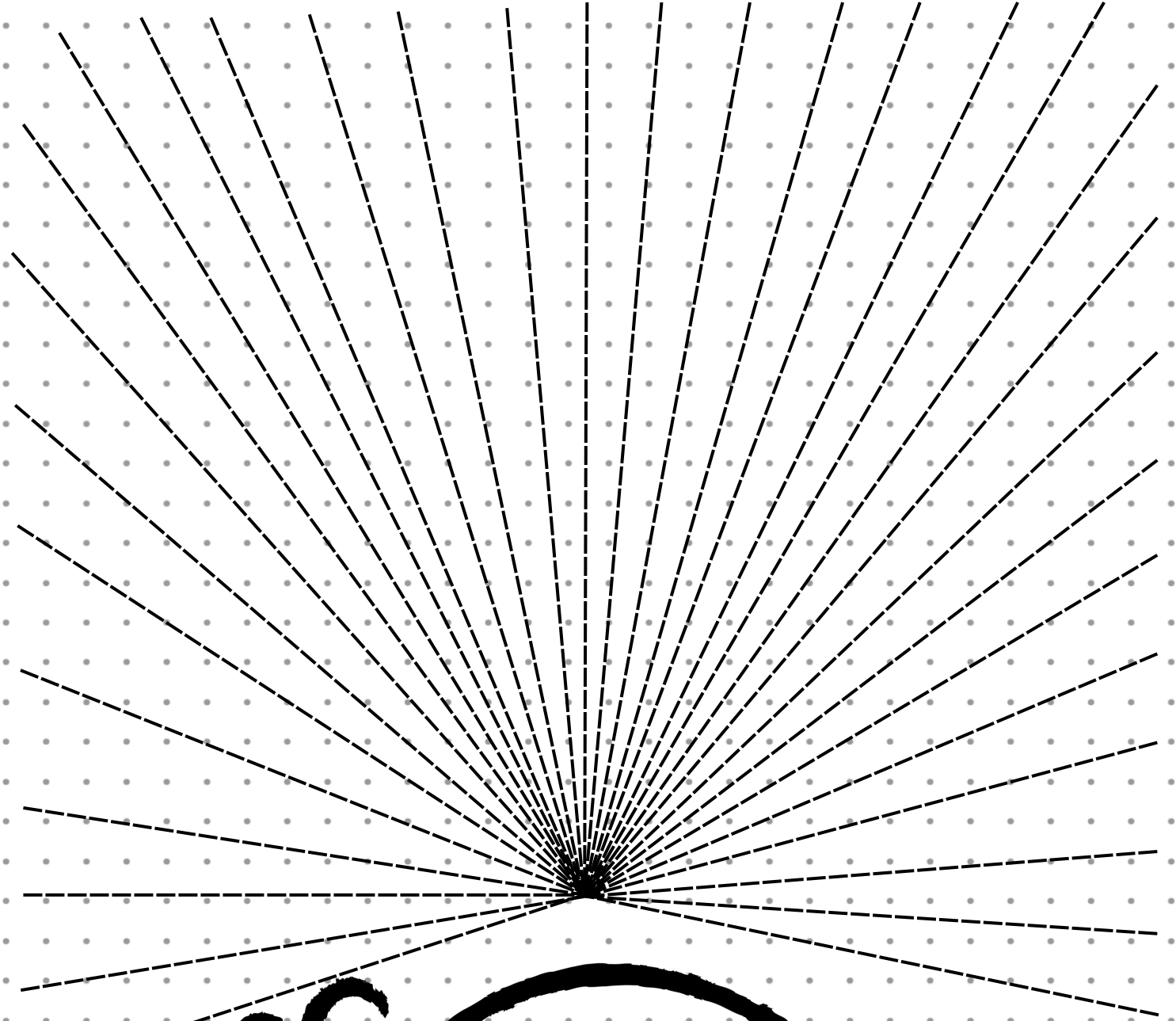
A large, hand-drawn rectangular box with a scalloped border, intended for writing a gratitude note for Saturday. It has a ribbon-like banner at the top left with the word 'SAT' written on it.

SUN

A large, hand-drawn rectangular box with a scalloped border, intended for writing a gratitude note for Sunday. It has a ribbon-like banner at the top left with the word 'SUN' written on it.

THIS WEEK, I'M GRATEFUL FOR...

A drawing of a spiral-bound notebook with a lined page, intended for writing a weekly summary of gratitude. The text 'THIS WEEK, I'M GRATEFUL FOR...' is written at the top of the page.



I AM  
GRATEFUL FOR  
MONTH



# JANUARY 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



# 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

MY FAVORITE  
MEMORIES

GOALS  
ACHIEVED

GOALS  
ACHIEVED

---

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

CHALLENGES

CHALLENGES

LESSONS  
LEARNED

LESSONS  
LEARNED



# APRIL REFLECTIONS

WHAT WERE THE BEST MOMENTS OF THIS MONTH?



MY FAVORITE

MEMORIES

A large rectangular box with a decorative ribbon banner at the top. The banner is split into two sections: the top section says "MY FAVORITE" and the bottom section says "MEMORIES". The box is held in place by four corner tabs, suggesting it's pinned to a wall.

GOALS  
ACHIEVED

A rectangular box with a decorative banner at the top that says "GOALS ACHIEVED". Below the banner is a horizontal dashed line, and the rest of the box is empty space for writing. The box has decorative torn-paper edges at the top-left and bottom-right corners.

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

CHALLENGES

A large rectangular box with a decorative banner at the top that says "CHALLENGES". The rest of the box is empty space for writing.

LESSONS  
LEARNED

A large rectangular box with a decorative banner at the top that says "LESSONS LEARNED". The rest of the box is empty space for writing.



# 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

A large rectangular box with a decorative border of four corner tabs. It is intended for writing favorite memories.

GOALS  
ACHIEVED

A rectangular box with a decorative border of four corner tabs. It is intended for listing goals achieved. A dashed horizontal line is drawn across the top of the box.

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

CHALLENGES

A large rectangular box with a decorative banner at the top. It is intended for writing about challenges.

LESSONS  
LEARNED

A large rectangular box with a decorative banner at the top. It is intended for writing about 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

GOALS  
ACHIEVED

---

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

CHALLENGES

CHALLENGES

LESSONS  
LEARNED

LESSONS  
LEARNED

