



Water Tracker



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Sleep Log



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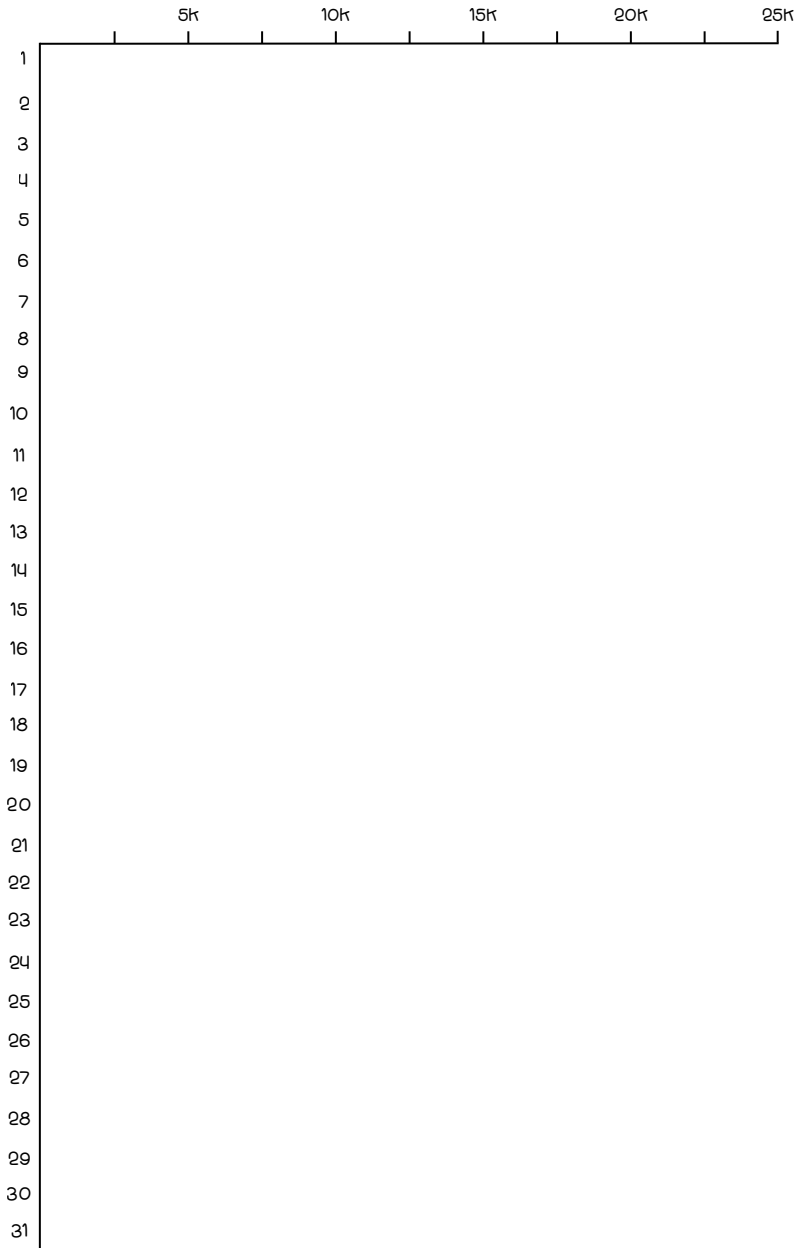
Gratitude Journal

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Gratitude Journal

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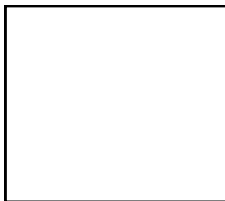
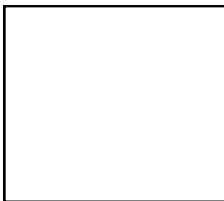
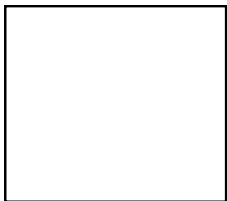
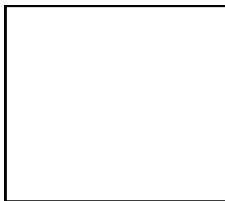
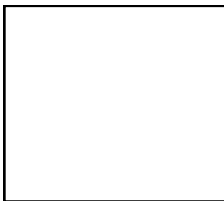
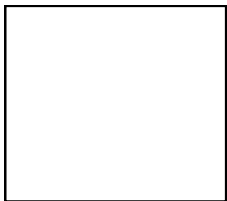
Step Tracker



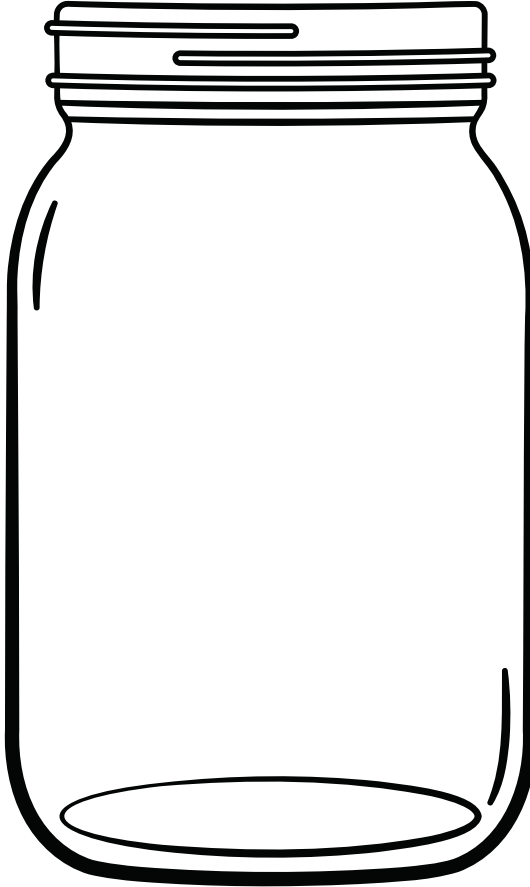
What I Learned Today

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Podcast Tracker



My Savings Jar



Goal:

Start Date:

Finish Date:

Expense Tracker

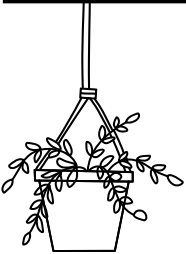
DATE	DESCRIPTION	PLACE	WANT	NEED	AMOUNT

TO BUY

REFLECTION

Self-Care Bingo

Take a bath	Walk in nature	Read a book	Cook a meal	Declutter space
Call a friend	Eat mindfully	Try a hobby	Enjoy sunshine	Digital detox
Dessert treat	Skincare		Stretch	Organize
New workout	Garden	Kind act	Nap or rest	Release worries
Deep breathing	Favorite snack	Celebrate success	Set Intentions	Have Breakfast



Habit Tracker

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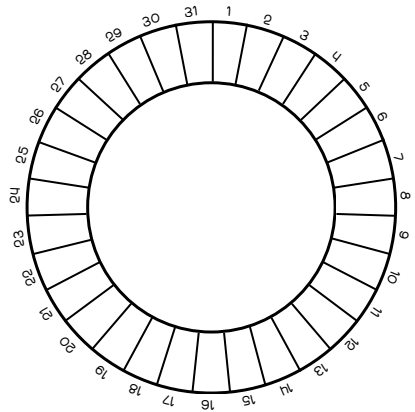
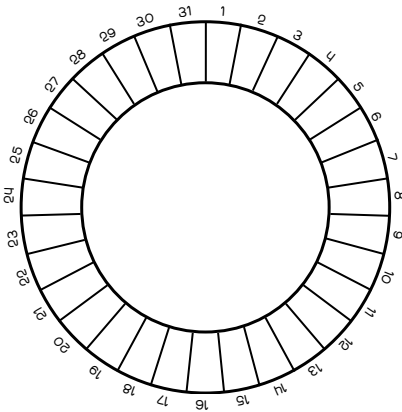
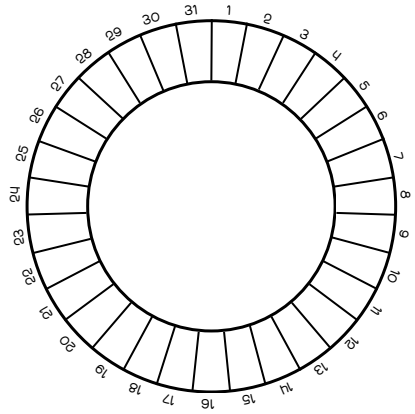
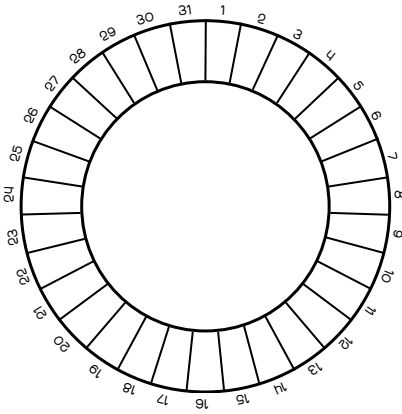
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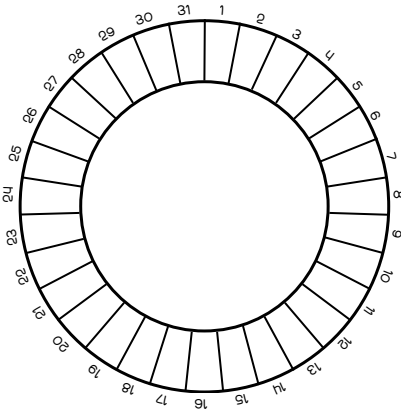
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Habit Trackers

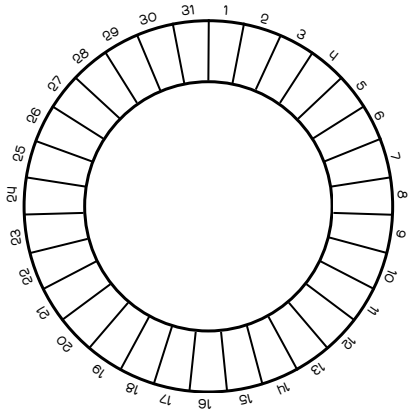


Rewards

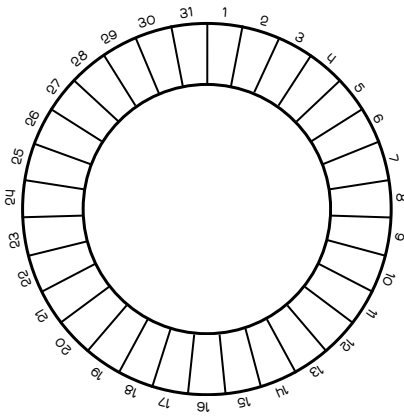
Habit Trackers



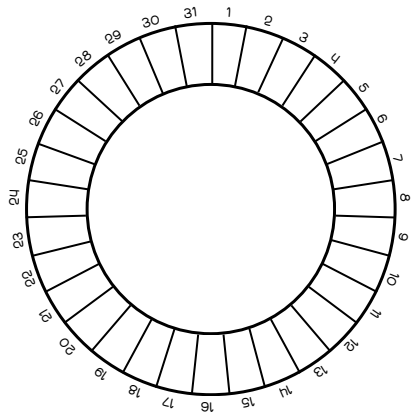
☐ Yes ☐ No



☐ Yes ☐ No



☐ Yes ☐ No



☐ Yes ☐ No

Rewards

A large, empty rectangular box with rounded corners, intended for writing rewards or notes.

Goal Planner

Start date:

Finish date:

Goal

Goal progress:

0%



100%

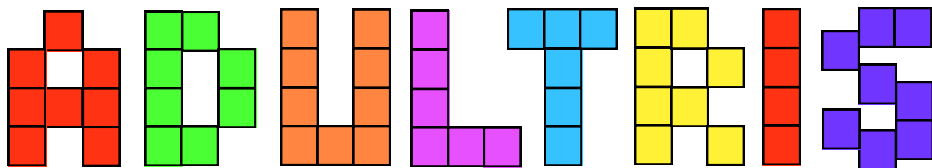
Action steps

Possible obstacles

Rewards

Things to Try

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☐

Budgeting

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Bills

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Groceries

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Cleaned

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Exercised

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Cooking

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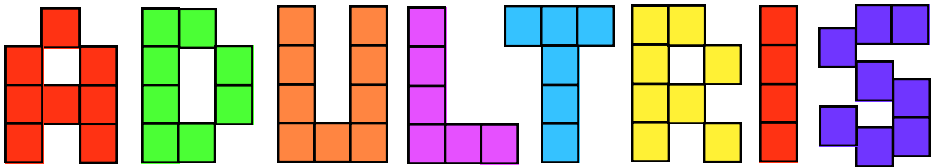
Self-care

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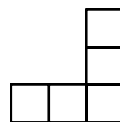
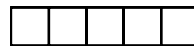
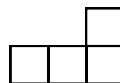
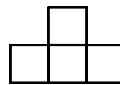
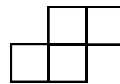
Laundry

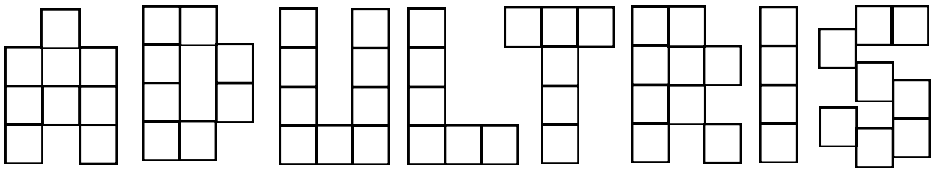
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Stretching

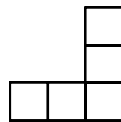
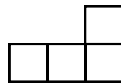
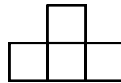
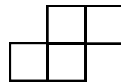


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Monthly Review

stars

Health	☆☆☆☆
Mind	☆☆☆☆
Productivity	☆☆☆☆
Social life	☆☆☆☆
Finances	☆☆☆☆
Overall	☆☆☆☆

goals

memories

challenges

Next Month