

DATE: ____ / ____		
My top 3 goals for today are:	5	Midday Habit Tracker
1		☐ Visioning
2	6	☐ Affirmations
3		☐ Mindfulness
Morning Habit Tracker	7	☐ Rest
☐ Visioning		Evening Habit Tracker
☐ Affirmations	8	☐ Visioning
☐ Mindfulness		☐ Affirmations
☐ Get Outdoors	9	☐ Mindfulness
☐ Movement		☐ Wind Down Routine
Morning Mindset	10	Evening Reflection
Something I am looking forward to or excited about today is ...		A situation or person I handled well today was ...
	11	
	12	
A person/people I can connect with or appreciate today and how I will do that is ...	1	I could have made today even better if I ...
	2	
	3	
One word that describes the kind of person I want to be today and why I chose it is ...		Today I managed my thoughts and feelings by...
	4	
	5	
Today's loving message to myself is ...	6	The best thing that happened today was ...
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	Today's Hydration	
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MONDAY ____ / ____		
My top 3 goals for today are:	5	Midday Habit Tracker
1		☐ Visioning
2	6	☐ Affirmations
3		☐ Mindfulness
Morning Habit Tracker	7	☐ Rest
☐ Visioning		Evening Habit Tracker
☐ Affirmations	8	☐ Visioning
☐ Mindfulness		☐ Affirmations
☐ Get Outdoors	9	☐ Mindfulness
☐ Movement		☐ Wind Down Routine
Morning Mindset	10	Evening Reflection
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WEDNESDAY ____ / ____		
My top 3 goals for today are:	5	Midday Habit Tracker
1		☐ Visioning
2	6	☐ Affirmations
3		☐ Mindfulness
Morning Habit Tracker	7	☐ Rest
☐ Visioning		Evening Habit Tracker
☐ Affirmations	8	☐ Visioning
☐ Mindfulness		☐ Affirmations
☐ Get Outdoors	9	☐ Mindfulness
☐ Movement		☐ Wind Down Routine
Morning Mindset	10	Evening Reflection
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☐ Visioning		Evening Habit Tracker	
☐ Affirmations	8	☐ Visioning	
☐ Mindfulness		☐ Affirmations	
☐ Get Outdoors	9	☐ Mindfulness	
☐ Movement		☐ Wind Down Routine	
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THURSDAY ____ / ____		
My top 3 goals for today are:	5	Midday Habit Tracker
1		☐ Visioning
2	6	☐ Affirmations
3		☐ Mindfulness
Morning Habit Tracker	7	☐ Rest
☐ Visioning		Evening Habit Tracker
☐ Affirmations	8	☐ Visioning
☐ Mindfulness		☐ Affirmations
☐ Get Outdoors	9	☐ Mindfulness
☐ Movement		☐ Wind Down Routine
Morning Mindset	10	Evening Reflection
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FRIDAY ____ / ____			
My top 3 goals for today are:	5	Midday Habit Tracker	
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3		☐ Mindfulness	
Morning Habit Tracker	7	☐ Rest	
☐ Visioning		Evening Habit Tracker	
☐ Affirmations	8	☐ Visioning	
☐ Mindfulness		☐ Affirmations	
☐ Get Outdoors	9	☐ Mindfulness	
☐ Movement		☐ Wind Down Routine	
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SATURDAY ____ / ____		
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Morning Habit Tracker	7	☐ Rest
☐ Visioning		Evening Habit Tracker
☐ Affirmations	8	☐ Visioning
☐ Mindfulness		☐ Affirmations
☐ Get Outdoors	9	☐ Mindfulness
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SUNDAY ____ / ____		
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☐ Visioning		Evening Habit Tracker
☐ Affirmations	8	☐ Visioning
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