

Gratitude Practice

daily gratitude

list 10 things you are grateful for today

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

challenge & growth

list 3 challenges and the ways you're growing through them

challenge:

growth:

challenge:

growth:

challenge:

growth:

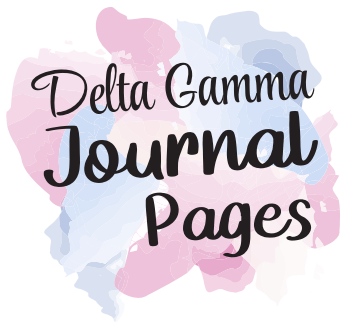
sisters I'm grateful for

list 5 sisters who are bringing you hope today

- 1.
- 2.
- 3.
- 4.
- 5.

daily highlight

list a highlight of your day, and then take a few moments to reflect on what it meant to you

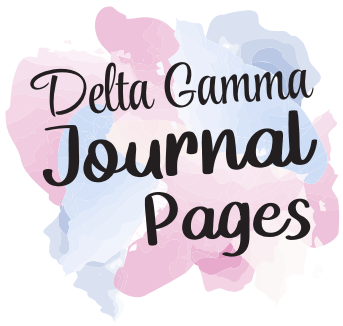


Mood Tracker

Use your favorite pens to fill in the key and then track your mood each day! The tracker runs from May-May.

	M	J	J	A	S	O	N	D	J	F	M	A
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2												
3												
4												
5												
6												
7												
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29												
30												
31												

- joyful, happy, silly, relaxed, content
- productive, energetic, active, motivated
- average, normal, uneventful
- sick, tired, lazy, unmotivated, bored
- sad, lonely, depressed, numb, insecure
- angry, anxious, frustrated, annoyed, grumpy
- other:
- other:
- other:

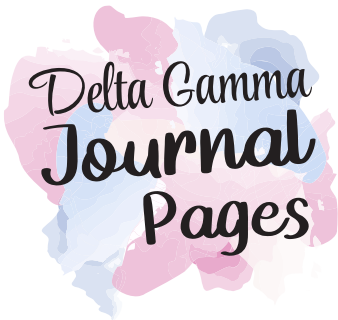


Habit Tracker

Use your favorite pens to fill in the key and then track your habits each day! The tracker runs from May-May.

	M	J	J	A	S	O	N	D	J	F	M	A
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- hydrate
- exercise
- meditate
- sleep
- other:
- other:
- other:
- other:
- other:



Wellness Check

three feelings that I'm having

one idea I'd like to further explore:

one of today's triumphs, big or small:

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one of today's challenges, big or small:

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one moment I'd like to reflect on:

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one thing I've learned about myself:

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