



YOUR YEAR *of*  
**GROWTH**

**2025**  
IICT JOURNAL





*This journal belongs to*

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An open book with a red cover is lying flat on a white surface. In the foreground, a plant with large, variegated leaves (green and white) is partially visible, slightly out of focus. The background is a plain, light-colored wall.

# *Dedication*

**To lifelong learners, students, healers and therapists.**

You are changing the world every day.  
This is your reminder to keep going.

“Remember, the person you are right now is not the person you have to remain.

You can become a new person anytime you choose.”

Dr. Rangan Chatterjee

# 2025

2025 is your year to shine. It's the year to turn your dreams into goals and your goals into reality. With a purpose that inspires you daily and a drive to succeed, you are poised for greatness.

You are fearless and not afraid to take risks and step outside of your comfort zone. You understand that by trying and failing, you learn to succeed. Good things come to those who are clear on what they want, and you take aligned action to make it happen.

You surround yourself with people who believe in you and bring out the best in you. You know that life is what you make it – and you are here to make it incredible.

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## Wise words on failure from Lawrence Ellyard, the Founder and CEO of IICT

“Failing is a very helpful tool. The key is to not spend too long in the failure. I believe every failure will be a stepping stone to your success. As humans, we all like to be comfortable but we don't grow when we're comfortable. When it comes to your business, the same applies. Often, it's the pressure that creates the desired outcome.”

“When I was younger, I took a lot of risks but as I've gotten older, I've learned to pause, get clear, add strategy, and then make a decision. When I do decide on something, however, I act fast. Over the years I've learned to get out of my head and trust my gut instinct as it's rarely wrong.”

*Lawrence Ellyard*



# The Wheel of Life

Have you ever felt like your life is off kilter?

While some areas of your life receive all of your attention, other areas get neglected. Perhaps your career is thriving, but you no longer have time for family and friends. Maybe your work feels unfulfilling, stalling your personal growth and learning.

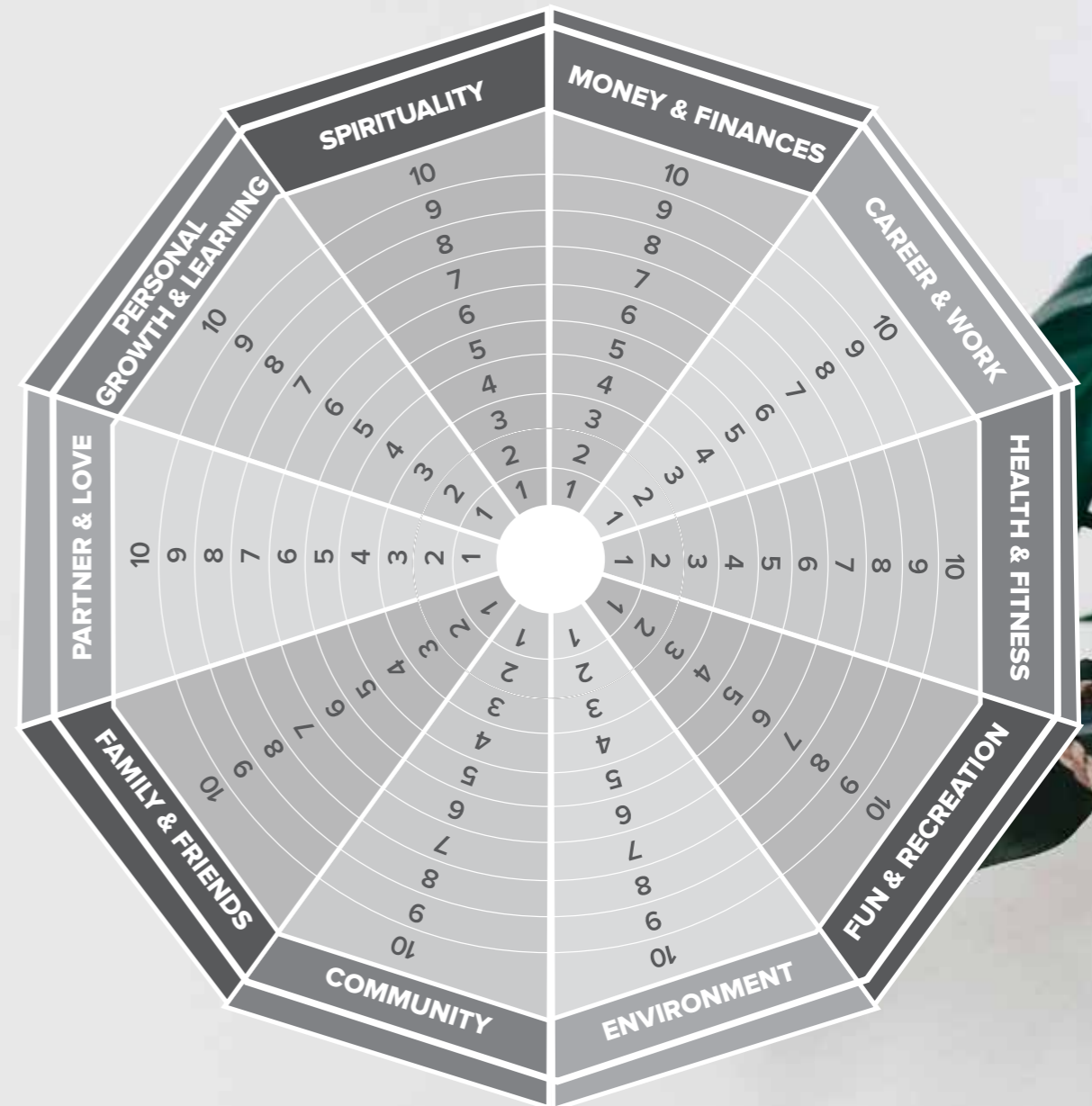
You are not alone. Finding harmony in life across relationships, career, health, spirituality and finances is challenging and can often feel impossible to sustain. However, achieving equilibrium is essential.

To lead a more fulfilling life and achieve your goals, it is crucial to regain balance. Achieving an appropriate work-life balance enhances overall wellbeing by aligning various aspects of life. A potent way to uncover imbalances in your life is by performing the Wheel of Life exercise. The wheel consists of 10 categories essential for a fulfilling life. It offers a snapshot of your overall wellbeing and satisfaction with your current circumstances.

Its beauty is its simplicity.

At a high level, this exercise helps determine whether your life is in balance. More specifically, it evaluates whether individual areas of your life are fulfilling your needs and bringing happiness or causing dissatisfaction and discontent. By rating each category, you can identify areas that require support and improvement to achieve both personal and overall life goals.

The Wheel of Life exercise can be repeated at regular intervals to understand progress along with potential changes in focus resulting from evolving circumstances and new priorities. We suggest redoing the Wheel of Life quarterly, so you will find it featured every three months.



## HOW TO USE THE WHEEL OF LIFE?

Score each category by drawing a line through each section. Please note 1 is not satisfied at all and 10 is fully satisfied.

Once you have answered all sections and created a web-style drawing, ask yourself the following questions:

When you look at the shape of the wheel, how do you feel?

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# The Wheel of Life

How would you like to change the shape of the inner wheel?

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What surprises you the most?

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What would a score of 10 look and feel like?

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Which category would you most like to improve?

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What category would you most like to start with?

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At present, how do you spend time in each area?

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What do you need to improve the score in each area?

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What small steps would have the most significant impact on your satisfaction?

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Could a single action improve more than one area?

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# Your morning routine

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity.”

Melody Beattie

## UPON RISING, COUNT YOUR BLESSINGS

Gratitude is an emotion that is difficult to classify. Derived from the Latin word gratia (meaning grace or gratefulness), it eludes simple explanation. Gratitude is the experience of counting one’s blessings and the emotion you feel when you embody the phrase “thank you.”

Gratitude transcends mere politeness, diving deep into the essence of our wellbeing. It is an acknowledgment of the good in our lives and a recognition that these positive things often come from sources outside ourselves. This emotion fosters a sense of interconnectedness and belonging, enhancing our relationships with others and ourselves.

Incorporating gratitude into daily routines can have profound effects on our mental and emotional health. Sharing three things you are grateful for each morning and night can help cultivate a more positive outlook on life. This practice can shift your focus from what’s lacking to the abundance that surrounds you, fostering a mindset of appreciation and contentment.

The power of gratitude lies in its simplicity and consistency. By regularly reflecting on the positive aspects of our lives, we can create a habit of mindfulness and joy. This shift in perspective can lead to greater resilience, improved mood and a deeper sense of fulfilment. Embrace gratitude as a daily practice and watch as it transforms your life.

Let’s practice here ...

### WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

*I am grateful for ...*



- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*Three things that went well for me today ...*



- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

# Your 2025 goals

“Setting goals is the first step in turning the invisible into the visible.”

Tony Robbins

Top three things I hope to achieve in the next three months ...

01. \_\_\_\_\_

02. \_\_\_\_\_

03. \_\_\_\_\_

How will I achieve these goals?

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What goals am I focusing on for the next quarter?

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Are there any major challenges that could arise in the next quarter? If so, what?

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How will I overcome these challenges?

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In the next quarter, I would like my complementary therapies business to earn \$...

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## Why self-care is essential for therapists

As a natural therapist, your primary focus is on the wellbeing of your clients. You strive to offer them the best possible care, drawing from a diverse array of complementary therapies to enhance their health and wellness. However, amidst the demands of supporting others, it is crucial to remember the importance of your own self-care.

Self-care is not a luxury; it is a necessity for maintaining the high standards of practice that your clients expect and deserve. It allows you to stay physically healthy, mentally resilient and emotionally balanced. By investing in your own wellbeing regularly, you will be at your best – both personally and professionally.

Incorporating self-care into your daily routine also sets a powerful example for your clients. It demonstrates the value of holistic health practices and reinforces the principle that true wellness encompasses mind, body and spirit. By practising self-care, you embody the balance and harmony that you seek to promote in others.

## Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		<hr/> <hr/> Notes
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*Three things that went well for me today ...*

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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

# JANUARY | 01

## FOCUS

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## DAILY GOAL

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## TOP FIVE THINGS TO DO

01. \_\_\_\_\_ ○

02. \_\_\_\_\_ ○

03. \_\_\_\_\_ ○

04. \_\_\_\_\_ ○

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## PLAN MY DAY

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## RATE MY DAY

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- ⑩



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*What did I learn today ...*

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**FOCUS**

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**TOP FIVE THINGS TO DO**

01. \_\_\_\_\_ ○

**DAILY GOAL**

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02. \_\_\_\_\_ ○

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04. \_\_\_\_\_ ○

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**PLAN MY DAY**

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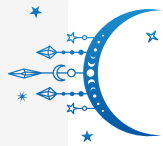


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**DAILY GOAL**

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**RATE MY DAY**

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“Those who don’t believe in magic will never find it.”

Roald Dahl



# Self-care Tracker

	SELF-CARE GOALS	Action Steps
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MONDAY		<hr/> <hr/>
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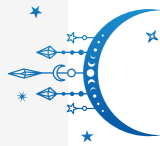


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**DAILY GOAL**

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**DAILY GOAL**

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- ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

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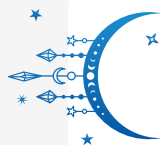


*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**FOCUS**

\_\_\_\_\_

**DAILY GOAL**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**TOP FIVE THINGS TO DO**

01. \_\_\_\_\_ ○

02. \_\_\_\_\_ ○

03. \_\_\_\_\_ ○

04. \_\_\_\_\_ ○

05. \_\_\_\_\_ ○

**PLAN MY DAY**

5AM \_\_\_\_\_ ○

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11PM \_\_\_\_\_ ○

**RATE MY DAY**

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- ⑧
- ⑨
- ⑩



WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



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- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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*My goals for today are ...*

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- 01. \_\_\_\_\_
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- 03. \_\_\_\_\_

**FOCUS**

\_\_\_\_\_

**TOP FIVE THINGS TO DO**

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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**DAILY GOAL**

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**PLAN MY DAY**

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**RATE MY DAY**

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“We all have our purpose;  
we all have our strengths.”

Beyoncé



# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		Notes <hr/> <hr/>
THURSDAY		<hr/> <hr/>
FRIDAY		<hr/> <hr/>
SATURDAY		<hr/> <hr/>



WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
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*What did I learn today ...*

- 01. \_\_\_\_\_
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**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
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| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
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**PLAN MY DAY**

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



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**FOCUS**

**TOP FIVE THINGS TO DO**

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| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
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| _____             | <b>04.</b> _____ | <input type="radio"/> |
| _____             | <b>05.</b> _____ | <input type="radio"/> |

**PLAN MY DAY**

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**RATE MY DAY**

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**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
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| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
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**PLAN MY DAY**

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

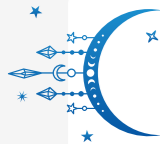


*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

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- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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**FOCUS**

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**TOP FIVE THINGS TO DO**

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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**DAILY GOAL**

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**PLAN MY DAY**

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

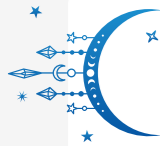


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- 03. \_\_\_\_\_

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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**FOCUS**

\_\_\_\_\_

**DAILY GOAL**

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**TOP FIVE THINGS TO DO**

01. \_\_\_\_\_ ○

02. \_\_\_\_\_ ○

03. \_\_\_\_\_ ○

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**PLAN MY DAY**

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**RATE MY DAY**

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- ⑩

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

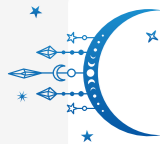


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*Three things that went well for me today ...*

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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
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- 03. \_\_\_\_\_

**FOCUS**

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**TOP FIVE THINGS TO DO**

- 01. \_\_\_\_\_
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**DAILY GOAL**

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**PLAN MY DAY**

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



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**FOCUS**

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**TOP FIVE THINGS TO DO**

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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- 04. \_\_\_\_\_
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**DAILY GOAL**

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**PLAN MY DAY**

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**RATE MY DAY**

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“The key to growth is to learn to make promises and keep them.”

Stephen R. Covey



# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		
THURSDAY		Notes <hr/> <hr/>
FRIDAY		<hr/> <hr/>
SATURDAY		<hr/> <hr/>

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



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- 01. \_\_\_\_\_
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*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**FOCUS**

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**TOP FIVE THINGS TO DO**

- 01. \_\_\_\_\_ ○
- 02. \_\_\_\_\_ ○
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**DAILY GOAL**

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**PLAN MY DAY**

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**RATE MY DAY**

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**FOCUS**

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**TOP FIVE THINGS TO DO**

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**DAILY GOAL**

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**PLAN MY DAY**

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**RATE MY DAY**

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**FOCUS**

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**TOP FIVE THINGS TO DO**

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**DAILY GOAL**

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**PLAN MY DAY**

- 5AM \_\_\_\_\_
- 6AM \_\_\_\_\_
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**RATE MY DAY**

- 1
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- 10

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**FOCUS**

\_\_\_\_\_

**TOP FIVE THINGS TO DO**

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_
- 04. \_\_\_\_\_
- 05. \_\_\_\_\_

**DAILY GOAL**

\_\_\_\_\_

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**PLAN MY DAY**

- 5AM \_\_\_\_\_
- 6AM \_\_\_\_\_
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- 11PM \_\_\_\_\_

**RATE MY DAY**

- 1
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- 8
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- 10

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- 02. \_\_\_\_\_
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*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**FOCUS**

\_\_\_\_\_

**DAILY GOAL**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**TOP FIVE THINGS TO DO**

01. \_\_\_\_\_ ○

02. \_\_\_\_\_ ○

03. \_\_\_\_\_ ○

04. \_\_\_\_\_ ○

05. \_\_\_\_\_ ○

**PLAN MY DAY**

5AM \_\_\_\_\_ ○

6AM \_\_\_\_\_ ○

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9AM \_\_\_\_\_ ○

10AM \_\_\_\_\_ ○

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**RATE MY DAY**

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- ⑤
- ⑥
- ⑦
- ⑧
- ⑨
- ⑩



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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

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- 03. \_\_\_\_\_



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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**FOCUS**

\_\_\_\_\_

**TOP FIVE THINGS TO DO**

- 01. \_\_\_\_\_ ○
- 02. \_\_\_\_\_ ○
- 03. \_\_\_\_\_ ○
- 04. \_\_\_\_\_ ○
- 05. \_\_\_\_\_ ○

**DAILY GOAL**

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**PLAN MY DAY**

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**RATE MY DAY**

- ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

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- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**FOCUS**

**TOP FIVE THINGS TO DO**

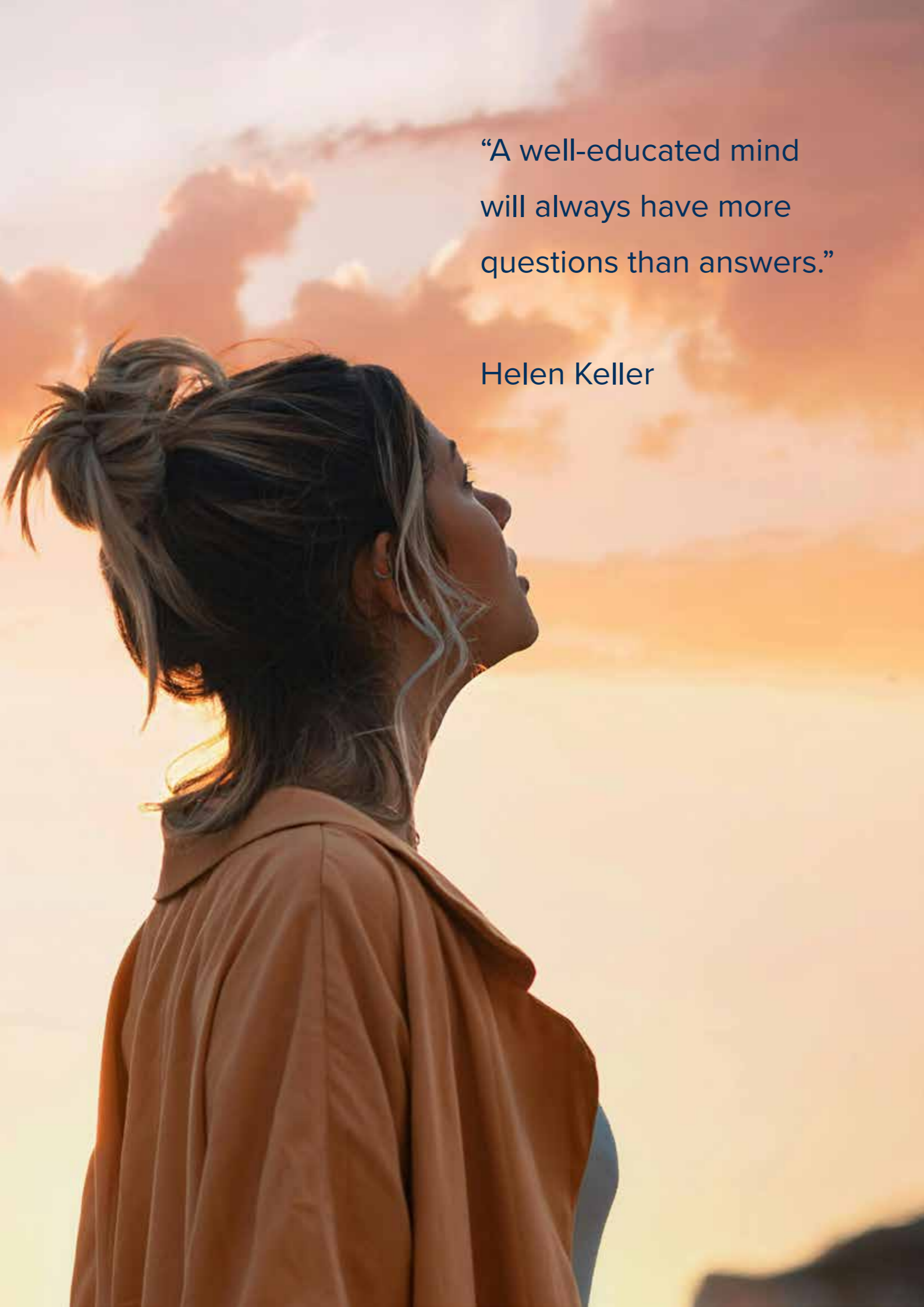
- |                   |                  |                       |
|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
| _____             | <b>03.</b> _____ | <input type="radio"/> |
| _____             | <b>04.</b> _____ | <input type="radio"/> |
| _____             | <b>05.</b> _____ | <input type="radio"/> |

**PLAN MY DAY**

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**RATE MY DAY**

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“A well-educated mind  
will always have more  
questions than answers.”

Helen Keller



# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		Notes
THURSDAY		<hr/> <hr/>
FRIDAY		<hr/> <hr/>
SATURDAY		<hr/> <hr/>

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

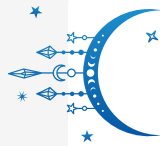


*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
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- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

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**RATE MY DAY**

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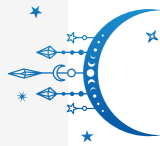


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- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**FOCUS**

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**DAILY GOAL**

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**TOP FIVE THINGS TO DO**

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02. \_\_\_\_\_

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**PLAN MY DAY**

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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**FOCUS**

\_\_\_\_\_

**TOP FIVE THINGS TO DO**

- 01. \_\_\_\_\_ ○
- 02. \_\_\_\_\_ ○
- 03. \_\_\_\_\_ ○
- 04. \_\_\_\_\_ ○
- 05. \_\_\_\_\_ ○

**DAILY GOAL**

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**PLAN MY DAY**

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- 11PM \_\_\_\_\_ ○

**RATE MY DAY**

- ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

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- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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**FOCUS**

**TOP FIVE THINGS TO DO**

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|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

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- 6AM \_\_\_\_\_
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**RATE MY DAY**

- 1  2  3  4  5  6  7  8  9  10

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- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
| _____             | <b>03.</b> _____ | <input type="radio"/> |
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**PLAN MY DAY**

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- 11PM \_\_\_\_\_

**RATE MY DAY**

- 1  2  3  4  5  6  7  8  9  10



WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

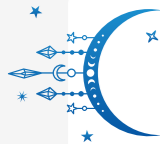


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- 01. \_\_\_\_\_
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- 03. \_\_\_\_\_

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- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

# FEBRUARY | 01

## FOCUS

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## TOP FIVE THINGS TO DO

01. \_\_\_\_\_ ○

## DAILY GOAL

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02. \_\_\_\_\_ ○

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03. \_\_\_\_\_ ○

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04. \_\_\_\_\_ ○

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## PLAN MY DAY

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## RATE MY DAY

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- ⑩

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*What did I learn today ...*

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- 03. \_\_\_\_\_

**FOCUS**

\_\_\_\_\_

**TOP FIVE THINGS TO DO**

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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**DAILY GOAL**

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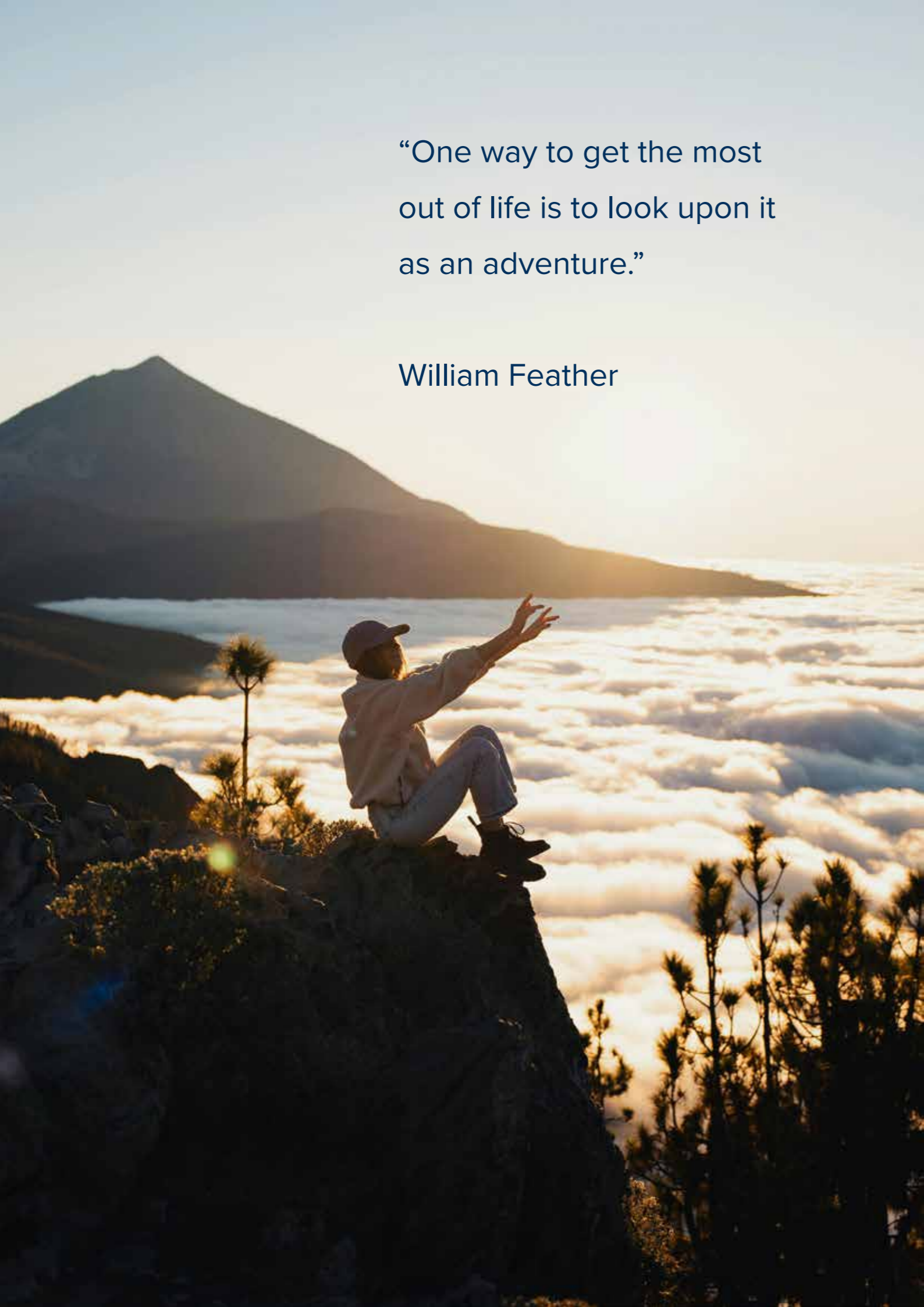
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**PLAN MY DAY**

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**RATE MY DAY**

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“One way to get the most out of life is to look upon it as an adventure.”

William Feather

# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		Notes
THURSDAY		<hr/> <hr/>
FRIDAY		<hr/> <hr/>
SATURDAY		<hr/> <hr/>

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*Three things that went well for me today ...*

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*What did I learn today ...*

- 01. \_\_\_\_\_
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**FOCUS**

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**TOP FIVE THINGS TO DO**

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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**DAILY GOAL**

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**PLAN MY DAY**

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

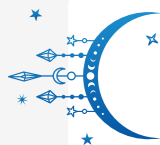


*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
| _____             | <b>03.</b> _____ | <input type="radio"/> |
| _____             | <b>04.</b> _____ | <input type="radio"/> |
| _____             | <b>05.</b> _____ | <input type="radio"/> |

**PLAN MY DAY**

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



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*What did I learn today ...*

- 01. \_\_\_\_\_
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**FOCUS**

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**DAILY GOAL**

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**TOP FIVE THINGS TO DO**

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**PLAN MY DAY**

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**RATE MY DAY**

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**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
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**RATE MY DAY**

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- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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**FOCUS**

\_\_\_\_\_

**TOP FIVE THINGS TO DO**

- 01. \_\_\_\_\_ ○
- 02. \_\_\_\_\_ ○
- 03. \_\_\_\_\_ ○
- 04. \_\_\_\_\_ ○
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**DAILY GOAL**

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**PLAN MY DAY**

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**RATE MY DAY**

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**FOCUS**

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- |                   |                  |                          |
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| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
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- |                   |                  |                          |
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**RATE MY DAY**

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“When things change  
inside of you, things  
change around you.”

Lewis Carrol

# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		Notes <hr/> <hr/>
THURSDAY		<hr/> <hr/>
FRIDAY		<hr/> <hr/>
SATURDAY		<hr/> <hr/>

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



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- 01. \_\_\_\_\_
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**FOCUS**

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**TOP FIVE THINGS TO DO**

- 01. \_\_\_\_\_
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**DAILY GOAL**

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**PLAN MY DAY**

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**FOCUS**

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**TOP FIVE THINGS TO DO**

- 01. \_\_\_\_\_
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**DAILY GOAL**

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**PLAN MY DAY**

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**RATE MY DAY**

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**FOCUS**

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**TOP FIVE THINGS TO DO**

- 01. \_\_\_\_\_
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**DAILY GOAL**

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**PLAN MY DAY**

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- 02. \_\_\_\_\_
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**FOCUS**

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**TOP FIVE THINGS TO DO**

- 01. \_\_\_\_\_
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**DAILY GOAL**

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**PLAN MY DAY**

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

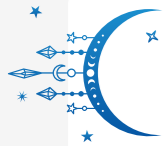


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- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
| _____             | <b>03.</b> _____ | <input type="radio"/> |
| _____             | <b>04.</b> _____ | <input type="radio"/> |
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**RATE MY DAY**

- 1  2  3  4  5  6  7  8  9  10

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**FOCUS**

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**TOP FIVE THINGS TO DO**

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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**DAILY GOAL**

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**PLAN MY DAY**

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**FOCUS**

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**TOP FIVE THINGS TO DO**

- 01. \_\_\_\_\_ ○
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**DAILY GOAL**

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**RATE MY DAY**

- ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩





“After everything that’s happened, how can the world still be so beautiful? Because it is.”

Margaret Atwood

# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		Notes
THURSDAY		<hr/> <hr/>
FRIDAY		<hr/> <hr/>
SATURDAY		<hr/> <hr/>

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

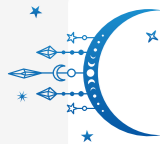


*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**FOCUS**

\_\_\_\_\_

**TOP FIVE THINGS TO DO**

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_
- 04. \_\_\_\_\_
- 05. \_\_\_\_\_

**DAILY GOAL**

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**PLAN MY DAY**

- 5AM \_\_\_\_\_
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**RATE MY DAY**

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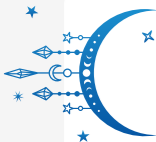


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**FOCUS**

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**TOP FIVE THINGS TO DO**

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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**DAILY GOAL**

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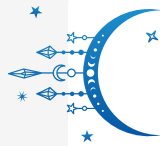


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**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

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**RATE MY DAY**

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**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
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| _____             | <b>04.</b> _____ | <input type="radio"/> |
| _____             | <b>05.</b> _____ | <input type="radio"/> |

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**RATE MY DAY**

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**FOCUS**

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**TOP FIVE THINGS TO DO**

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**DAILY GOAL**

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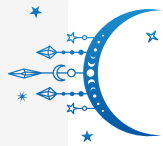


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**FOCUS**

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**TOP FIVE THINGS TO DO**

01. \_\_\_\_\_ ○

**DAILY GOAL**

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02. \_\_\_\_\_ ○

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**PLAN MY DAY**

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

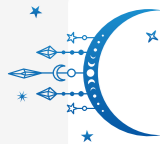


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**FOCUS**

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- |                   |                  |                       |
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**RATE MY DAY**

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“If you’re not making some notable mistakes along the way, you’re certainly not taking enough business and career chances.”

Sallie Krawcheck

# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/> <hr/>
MONDAY		<hr/> <hr/> <hr/>
TUESDAY		<hr/> <hr/> <hr/>
WEDNESDAY		Notes
THURSDAY		<hr/> <hr/> <hr/>
FRIDAY		<hr/> <hr/> <hr/>
SATURDAY		<hr/> <hr/> <hr/>

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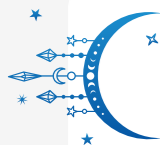


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**FOCUS**

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- |                   |                  |                       |
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| _____             | <b>01.</b> _____ | <input type="radio"/> |
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**RATE MY DAY**

- 1  2  3  4  5  6  7  8  9  10



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**FOCUS**

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**TOP FIVE THINGS TO DO**

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**DAILY GOAL**

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**FOCUS**

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**DAILY GOAL**

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**DAILY GOAL**

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**FOCUS**

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**TOP FIVE THINGS TO DO**

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**DAILY GOAL**

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- 03. \_\_\_\_\_

**MARCH**

**01**

**FOCUS**

**TOP FIVE THINGS TO DO**

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| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MARCH**

**02**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

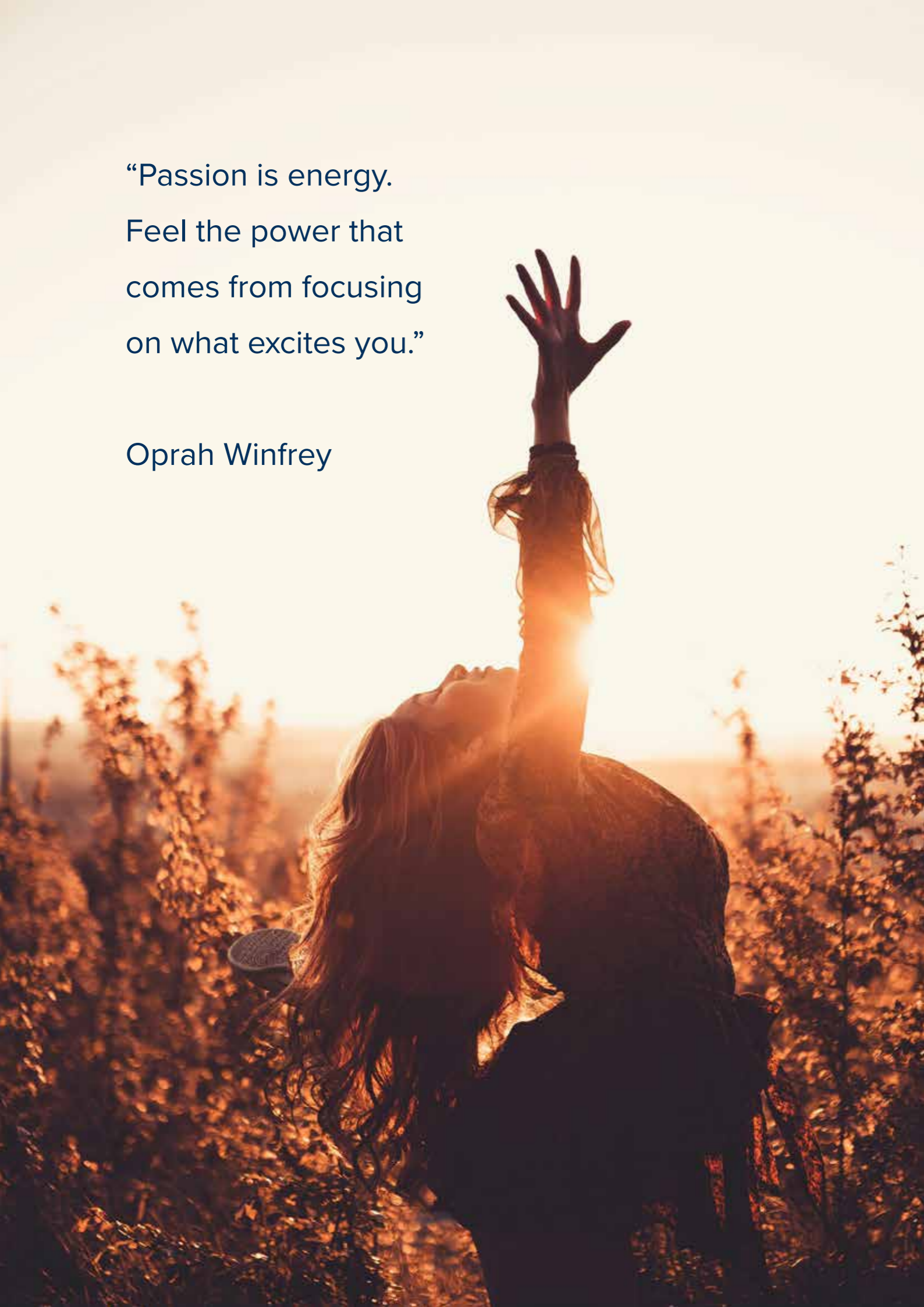
- 5AM \_\_\_\_\_
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**RATE MY DAY**

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“Passion is energy.  
Feel the power that  
comes from focusing  
on what excites you.”

Oprah Winfrey



# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		Notes <hr/> <hr/>
THURSDAY		<hr/> <hr/>
FRIDAY		<hr/> <hr/>
SATURDAY		<hr/> <hr/>



WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MARCH**

**03**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

- 5AM \_\_\_\_\_
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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

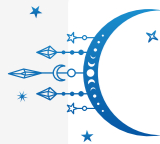


*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MARCH**

**04**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

- 5AM \_\_\_\_\_
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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
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- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MARCH**

**05**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

- 5AM \_\_\_\_\_
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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



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- 03. \_\_\_\_\_

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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MARCH**

**06**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

- 5AM \_\_\_\_\_
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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



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- 03. \_\_\_\_\_

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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MARCH**

**07**

**FOCUS**

**TOP FIVE THINGS TO DO**

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|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
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| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
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**PLAN MY DAY**

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



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- 03. \_\_\_\_\_

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- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MARCH**

**08**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



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- 03. \_\_\_\_\_

*My goals for today are ...*

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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MARCH**

**09**

**FOCUS**

**TOP FIVE THINGS TO DO**

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|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
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| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

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**RATE MY DAY**

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“I learned to always take on things I’d never done before. Growth and comfort do not coexist.”

Ginni Rometty

# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		Notes
THURSDAY		<hr/> <hr/>
FRIDAY		<hr/> <hr/>
SATURDAY		<hr/> <hr/>



WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

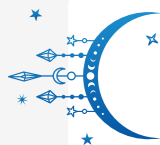


*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

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- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
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| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

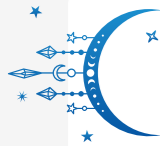


*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MARCH**

**11**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
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**PLAN MY DAY**

- 5AM \_\_\_\_\_
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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



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- 03. \_\_\_\_\_

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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MARCH**

**12**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

- 5AM \_\_\_\_\_
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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MARCH**

**13**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
| _____             | <b>03.</b> _____ | <input type="radio"/> |
| _____             | <b>04.</b> _____ | <input type="radio"/> |
| _____             | <b>05.</b> _____ | <input type="radio"/> |

**PLAN MY DAY**

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MARCH**

**14**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
| _____             | <b>03.</b> _____ | <input type="radio"/> |
| _____             | <b>04.</b> _____ | <input type="radio"/> |
| _____             | <b>05.</b> _____ | <input type="radio"/> |

**PLAN MY DAY**

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

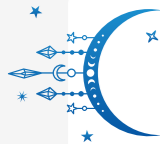


*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MARCH**

**15**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



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- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MARCH**

**16**

**FOCUS**

**TOP FIVE THINGS TO DO**

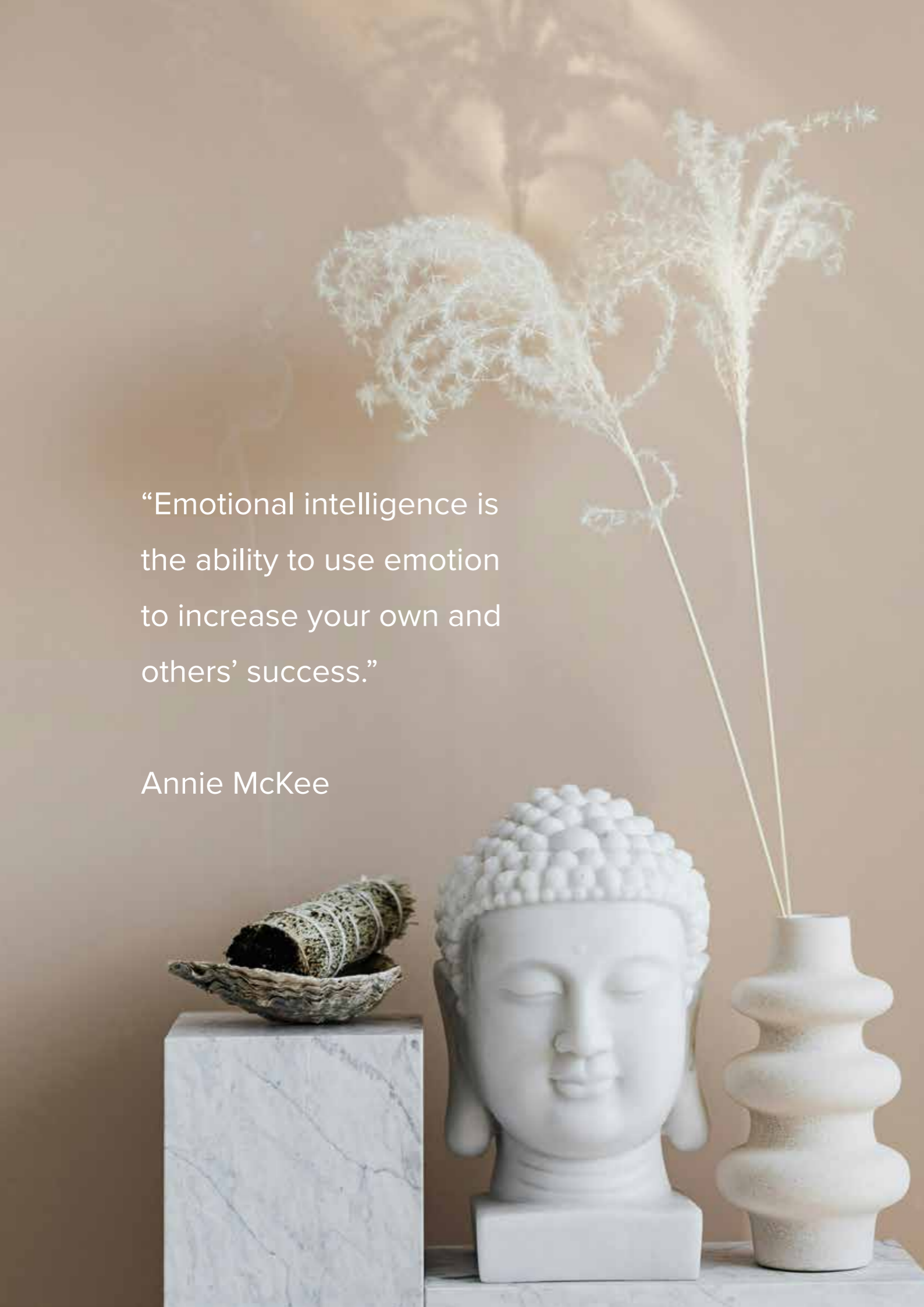
- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

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**RATE MY DAY**

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“Emotional intelligence is the ability to use emotion to increase your own and others’ success.”

Annie McKee



# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		

Notes

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

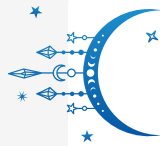


*I am grateful for ...*

- 01. \_\_\_\_\_
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- 03. \_\_\_\_\_



*Three things that went well for me today ...*

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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MARCH**

**17**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
| _____             | <b>03.</b> _____ | <input type="radio"/> |
| _____             | <b>04.</b> _____ | <input type="radio"/> |
| _____             | <b>05.</b> _____ | <input type="radio"/> |

**PLAN MY DAY**

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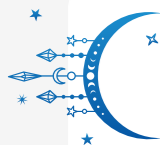


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- 03. \_\_\_\_\_



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*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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**MARCH**

**18**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
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| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
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| _____             | <b>05.</b> _____ | <input type="radio"/> |

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*What did I learn today ...*

- 01. \_\_\_\_\_
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**MARCH**

**19**

**FOCUS**

**TOP FIVE THINGS TO DO**

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|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
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*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MARCH**

**20**

**FOCUS**

**TOP FIVE THINGS TO DO**

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| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
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**RATE MY DAY**

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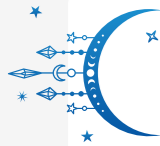


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- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MARCH**

**21**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
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**RATE MY DAY**

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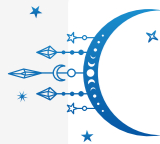


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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MARCH**

**22**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
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**PLAN MY DAY**

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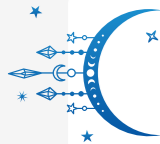


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*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MARCH**

**23**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
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| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

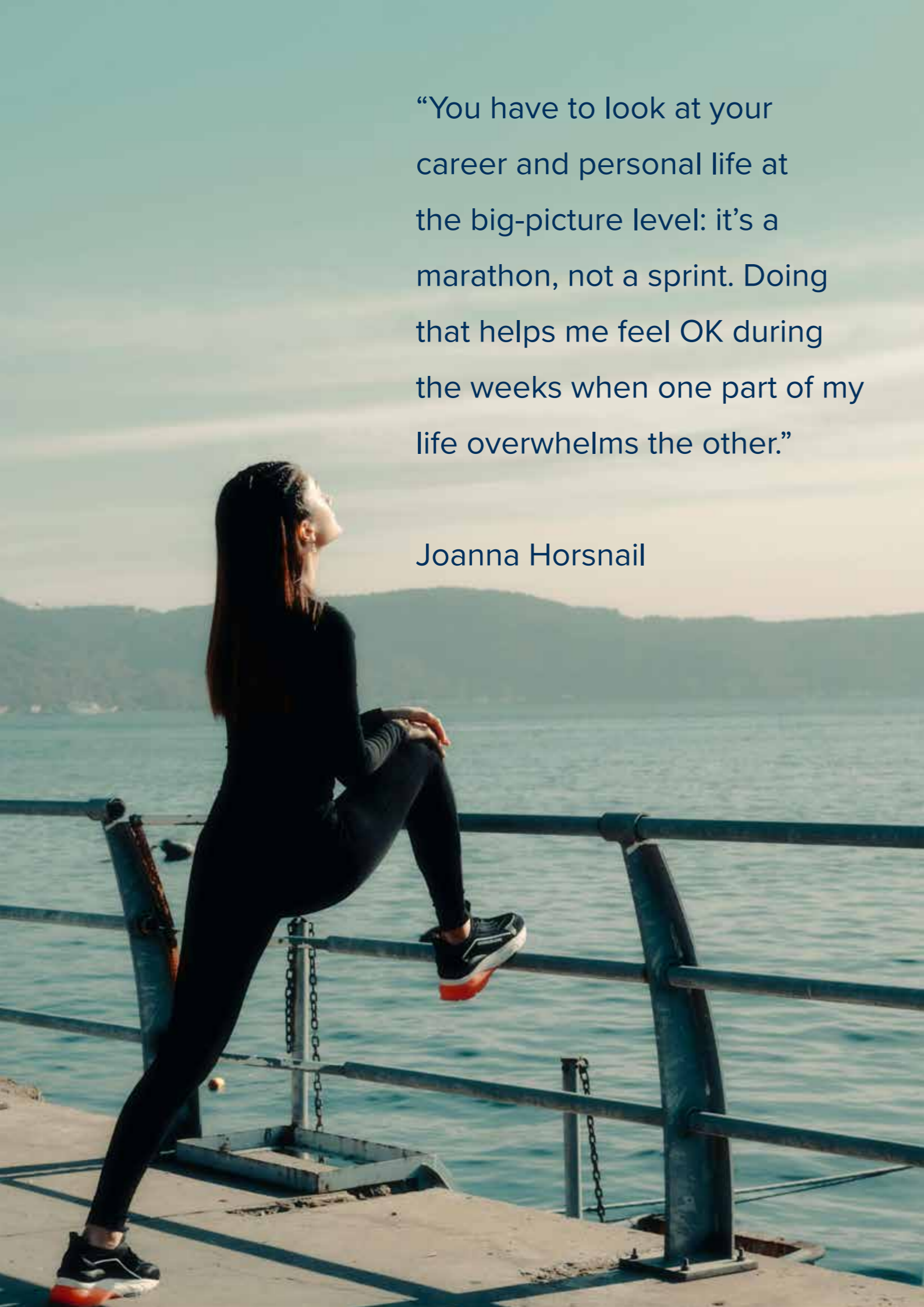
**PLAN MY DAY**

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**RATE MY DAY**

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“You have to look at your career and personal life at the big-picture level: it’s a marathon, not a sprint. Doing that helps me feel OK during the weeks when one part of my life overwhelms the other.”

Joanna Horsnail



# Self-care Tracker

SUNDAY	SELF-CARE GOALS	Action Steps
		_____
		_____
MONDAY	SELF-CARE GOALS	_____
		_____
		_____
TUESDAY	SELF-CARE GOALS	_____
		_____
		_____
WEDNESDAY	SELF-CARE GOALS	Notes
		_____
		_____
THURSDAY	SELF-CARE GOALS	_____
		_____
		_____
FRIDAY	SELF-CARE GOALS	_____
		_____
		_____
SATURDAY	SELF-CARE GOALS	_____
		_____
		_____

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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*My goals for today are ...*

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*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MARCH**

**24**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
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**PLAN MY DAY**

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- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MARCH**

**25**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

- 5AM \_\_\_\_\_
- 6AM \_\_\_\_\_
- 7AM \_\_\_\_\_
- 8AM \_\_\_\_\_
- 9AM \_\_\_\_\_
- 10AM \_\_\_\_\_
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**RATE MY DAY**

- 1
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- 10

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MARCH**

**26**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
| _____             | <b>03.</b> _____ | <input type="radio"/> |
| _____             | <b>04.</b> _____ | <input type="radio"/> |
| _____             | <b>05.</b> _____ | <input type="radio"/> |

**PLAN MY DAY**

- 5AM \_\_\_\_\_
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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MARCH**

**27**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
| _____             | <b>03.</b> _____ | <input type="radio"/> |
| _____             | <b>04.</b> _____ | <input type="radio"/> |
| _____             | <b>05.</b> _____ | <input type="radio"/> |

**PLAN MY DAY**

- 5AM \_\_\_\_\_
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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MARCH**

**28**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

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**RATE MY DAY**

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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MARCH**

**29**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MARCH**

**30**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

- 5AM \_\_\_\_\_
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**RATE MY DAY**

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“Success is not final; failure is not fatal: it is the courage to continue that counts.”

Winston Churchill

# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		
THURSDAY		Notes <hr/> <hr/>
FRIDAY		<hr/> <hr/>
SATURDAY		<hr/> <hr/>

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

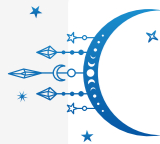


*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MARCH**

**31**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
| _____             | <b>03.</b> _____ | <input type="radio"/> |
| _____             | <b>04.</b> _____ | <input type="radio"/> |
| _____             | <b>05.</b> _____ | <input type="radio"/> |

**PLAN MY DAY**

- 5AM \_\_\_\_\_
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**RATE MY DAY**

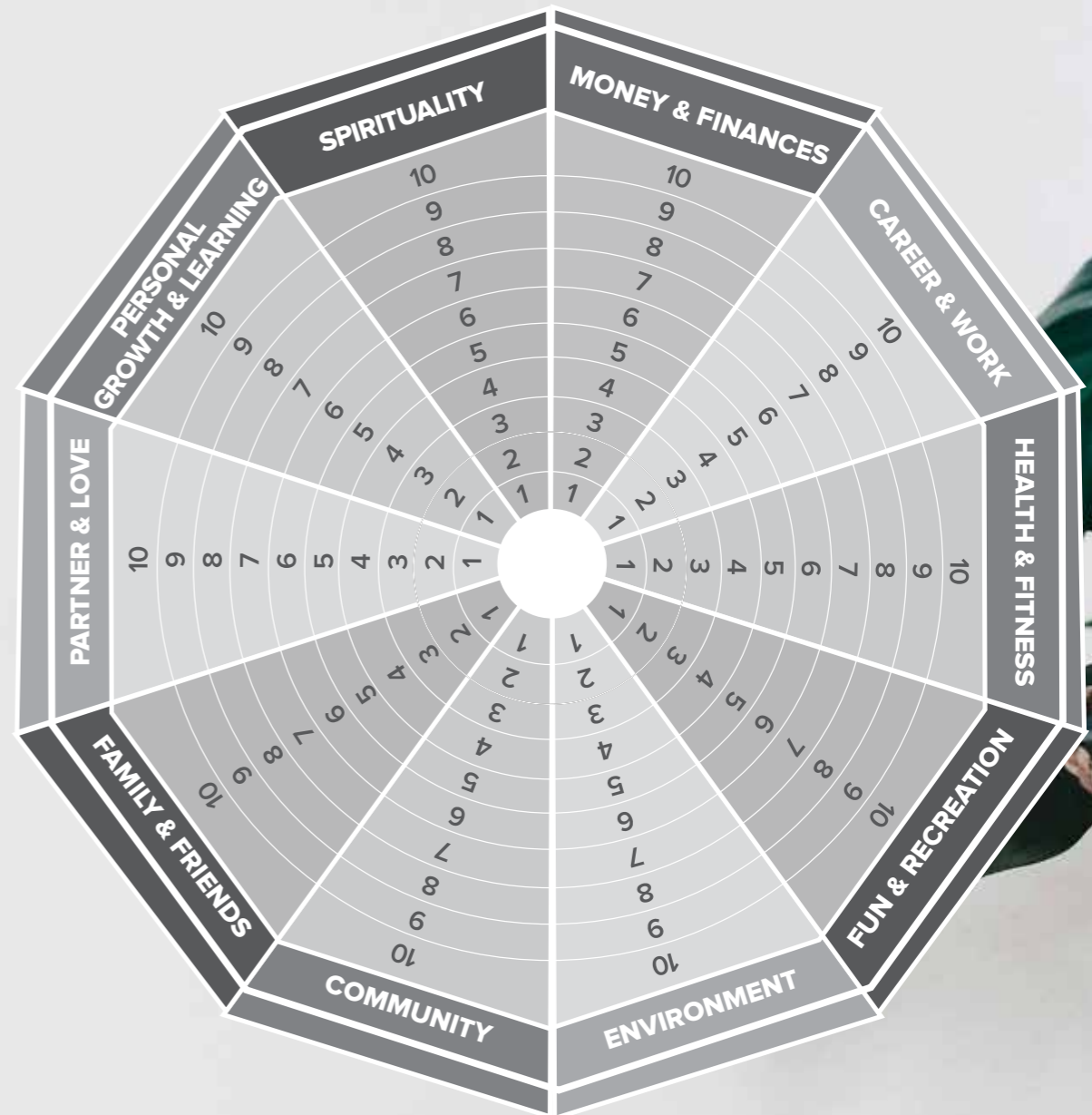
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# The Wheel of Life Check-in

It's time to complete another Wheel of Life to track your progress and satisfaction after three months.

It's important to compare this new web with the web you created three months ago.



## HOW TO USE THE WHEEL OF LIFE?

Score each category by drawing a line through each section. Please note 1 is not satisfied at all and 10 is fully satisfied.

Once you have answered all sections and created a web-style drawing, ask yourself the following questions:

When you look at the shape of the wheel, how do you feel?

---

---

---

# The Wheel of Life

How would you like to change the shape of the inner wheel?

---

---

---

---

What surprises you the most?

---

---

---

---

What would a score of 10 look and feel like?

---

---

---

---

Which category would you most like to improve?

---

---

---

---

What category would you most like to start with?

---

---

---

At present, how do you spend time in each area?

---

---

---

What do you need to improve the score in each area?

---

---

---

What small steps would have the most significant impact on your satisfaction?

---

---

---

Could a single action improve more than one area?

---

---

---





## Quarterly goals

It's time to set your goals for the next three months. You can list goals that you are still working towards from the last quarter or if you have achieved them – amazing work! It's time to set some new ones.



Top three things I hope to achieve in the next three months ...

01. \_\_\_\_\_

02. \_\_\_\_\_

03. \_\_\_\_\_

How will I achieve these goals?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Are there any major challenges that could arise arise in this quarter? If so, what?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How will I overcome these challenges?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

In the next quarter, I would like my complementary therapies business to earn \$...

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What goals am I focusing on for the next quarter?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

APRIL

01

FOCUS

TOP FIVE THINGS TO DO

- |       |           |                          |
|-------|-----------|--------------------------|
| _____ | 01. _____ | <input type="checkbox"/> |
| _____ | 02. _____ | <input type="checkbox"/> |
| _____ | 03. _____ | <input type="checkbox"/> |
| _____ | 04. _____ | <input type="checkbox"/> |
| _____ | 05. _____ | <input type="checkbox"/> |

PLAN MY DAY

- 5AM \_\_\_\_\_
- 6AM \_\_\_\_\_
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- 9AM \_\_\_\_\_
- 10AM \_\_\_\_\_
- 11AM \_\_\_\_\_
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RATE MY DAY

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- 8
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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

APRIL

02

FOCUS

TOP FIVE THINGS TO DO

- |       |           |                       |
|-------|-----------|-----------------------|
| _____ | 01. _____ | <input type="radio"/> |
| _____ | 02. _____ | <input type="radio"/> |
| _____ | 03. _____ | <input type="radio"/> |
| _____ | 04. _____ | <input type="radio"/> |
| _____ | 05. _____ | <input type="radio"/> |

PLAN MY DAY

- 5AM \_\_\_\_\_
- 6AM \_\_\_\_\_
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- 9AM \_\_\_\_\_
- 10AM \_\_\_\_\_
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RATE MY DAY

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- 10

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

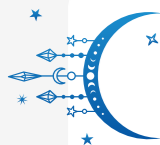


*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

APRIL

03

FOCUS

TOP FIVE THINGS TO DO

- \_\_\_\_\_ 01. \_\_\_\_\_ ○
- \_\_\_\_\_ 02. \_\_\_\_\_ ○
- \_\_\_\_\_ 03. \_\_\_\_\_ ○
- \_\_\_\_\_ 04. \_\_\_\_\_ ○
- \_\_\_\_\_ 05. \_\_\_\_\_ ○

PLAN MY DAY

- 5AM \_\_\_\_\_ ○
- 6AM \_\_\_\_\_ ○
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- 9AM \_\_\_\_\_ ○
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RATE MY DAY

- ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

APRIL

04

FOCUS

TOP FIVE THINGS TO DO

- |       |           |                          |
|-------|-----------|--------------------------|
| _____ | 01. _____ | <input type="checkbox"/> |
| _____ | 02. _____ | <input type="checkbox"/> |
| _____ | 03. _____ | <input type="checkbox"/> |
| _____ | 04. _____ | <input type="checkbox"/> |
| _____ | 05. _____ | <input type="checkbox"/> |

PLAN MY DAY

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RATE MY DAY

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

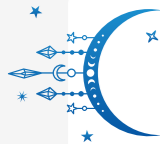


*I am grateful for ...*

- 01. \_\_\_\_\_
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*My goals for today are ...*

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- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

APRIL

05

FOCUS

TOP FIVE THINGS TO DO

- |       |           |                          |
|-------|-----------|--------------------------|
| _____ | 01. _____ | <input type="checkbox"/> |
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| _____ | 03. _____ | <input type="checkbox"/> |
| _____ | 04. _____ | <input type="checkbox"/> |
| _____ | 05. _____ | <input type="checkbox"/> |

PLAN MY DAY

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RATE MY DAY

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

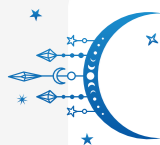


*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

APRIL

06

FOCUS

TOP FIVE THINGS TO DO

- |       |           |                          |
|-------|-----------|--------------------------|
| _____ | 01. _____ | <input type="checkbox"/> |
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PLAN MY DAY

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RATE MY DAY

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“Success isn’t about how much money you make; it’s about the difference you make in people’s lives.”

Michelle Obama

# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		
THURSDAY		Notes
FRIDAY		<hr/> <hr/> <hr/> <hr/>
SATURDAY		<hr/> <hr/> <hr/> <hr/>

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

APRIL

07

FOCUS

\_\_\_\_\_

DAILY GOAL

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

TOP FIVE THINGS TO DO

01. \_\_\_\_\_ ○

02. \_\_\_\_\_ ○

03. \_\_\_\_\_ ○

04. \_\_\_\_\_ ○

05. \_\_\_\_\_ ○

PLAN MY DAY

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RATE MY DAY

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

APRIL

08

FOCUS

TOP FIVE THINGS TO DO

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PLAN MY DAY

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RATE MY DAY

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
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APRIL

09

FOCUS

TOP FIVE THINGS TO DO

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PLAN MY DAY

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- 01. \_\_\_\_\_
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- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

APRIL

10

FOCUS

TOP FIVE THINGS TO DO

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PLAN MY DAY

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RATE MY DAY

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



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- 01. \_\_\_\_\_
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- 03. \_\_\_\_\_

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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

APRIL

11

FOCUS

TOP FIVE THINGS TO DO

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PLAN MY DAY

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



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- 03. \_\_\_\_\_

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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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APRIL

12

FOCUS

TOP FIVE THINGS TO DO

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PLAN MY DAY

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RATE MY DAY

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



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- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

APRIL

13

FOCUS

TOP FIVE THINGS TO DO

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PLAN MY DAY

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RATE MY DAY

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“Define success on your own terms, achieve it by your own rules, and build a life you’re proud to live”

Anne Sweeney



# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		Notes <hr/> <hr/>
THURSDAY		<hr/> <hr/>
FRIDAY		<hr/> <hr/>
SATURDAY		<hr/> <hr/>

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

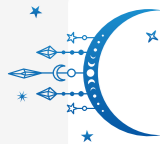


*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**APRIL**

**14**

**FOCUS**

\_\_\_\_\_

**DAILY GOAL**

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\_\_\_\_\_

**TOP FIVE THINGS TO DO**

01. \_\_\_\_\_ ○

02. \_\_\_\_\_ ○

03. \_\_\_\_\_ ○

04. \_\_\_\_\_ ○

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**PLAN MY DAY**

5AM \_\_\_\_\_ ○

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10AM \_\_\_\_\_ ○

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10PM \_\_\_\_\_ ○

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

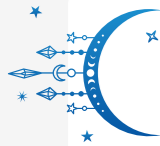


*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

APRIL

15

FOCUS

TOP FIVE THINGS TO DO

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PLAN MY DAY

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RATE MY DAY

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

APRIL

16

FOCUS

TOP FIVE THINGS TO DO

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PLAN MY DAY

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*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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APRIL

17

FOCUS

TOP FIVE THINGS TO DO

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PLAN MY DAY

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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

APRIL

18

FOCUS

TOP FIVE THINGS TO DO

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PLAN MY DAY

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RATE MY DAY

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

APRIL

19

FOCUS

TOP FIVE THINGS TO DO

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PLAN MY DAY

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RATE MY DAY

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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



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- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

APRIL

20

FOCUS

TOP FIVE THINGS TO DO

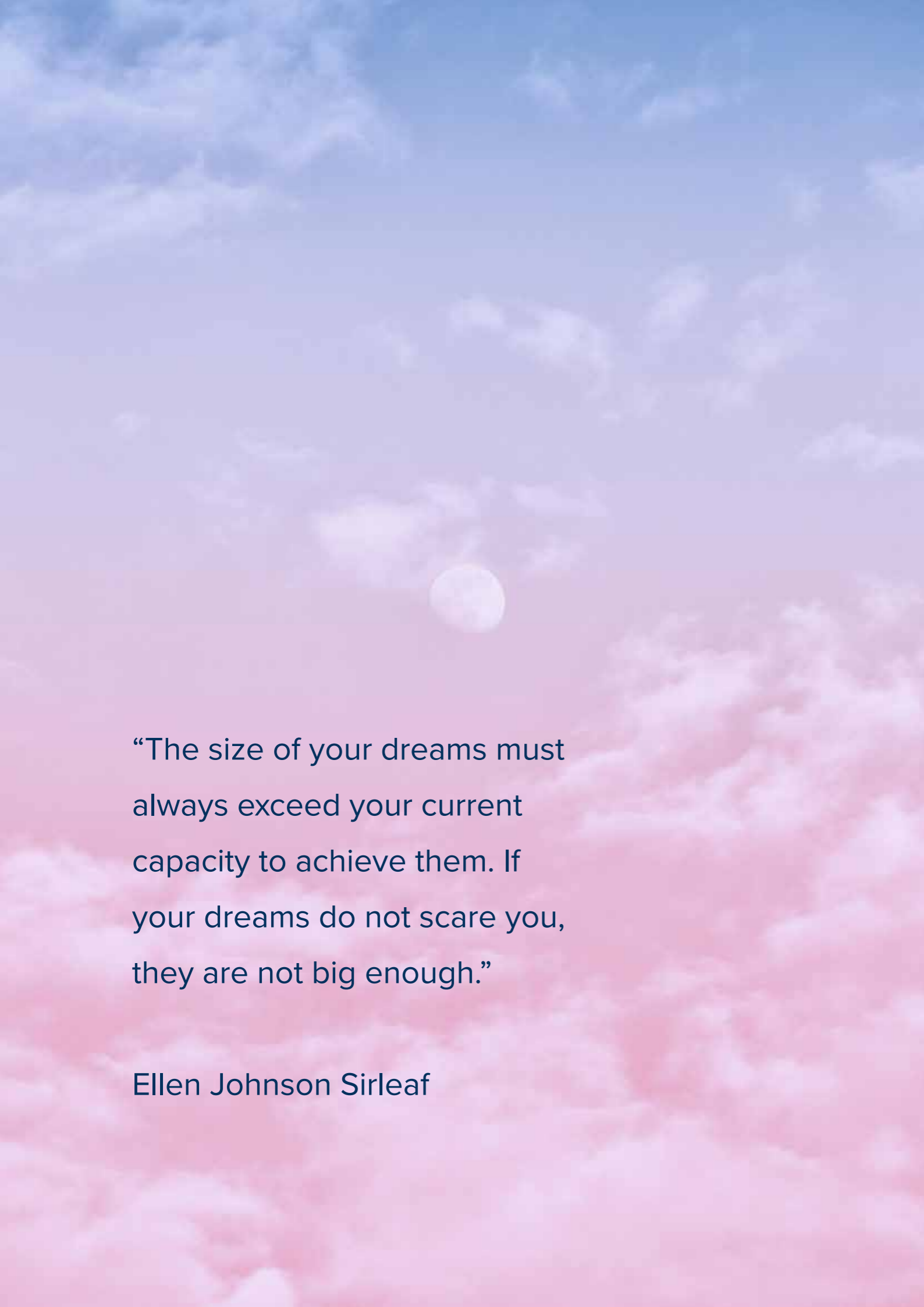
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PLAN MY DAY

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RATE MY DAY

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# Self-care Tracker

“The size of your dreams must always exceed your current capacity to achieve them. If your dreams do not scare you, they are not big enough.”

Ellen Johnson Sirleaf

SUNDAY	SELF-CARE GOALS	Action Steps
		<hr/> <hr/>
MONDAY	SELF-CARE GOALS	
		<hr/> <hr/>
TUESDAY	SELF-CARE GOALS	
		<hr/> <hr/>
WEDNESDAY	SELF-CARE GOALS	Notes
		<hr/> <hr/>
THURSDAY	SELF-CARE GOALS	
		<hr/> <hr/>
FRIDAY	SELF-CARE GOALS	
		<hr/> <hr/>
SATURDAY	SELF-CARE GOALS	
		<hr/> <hr/>

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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APRIL

21

FOCUS

TOP FIVE THINGS TO DO

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PLAN MY DAY

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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APRIL

22

FOCUS

TOP FIVE THINGS TO DO

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PLAN MY DAY

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RATE MY DAY

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

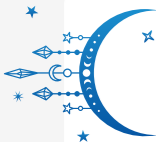


*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
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APRIL

23

FOCUS

TOP FIVE THINGS TO DO

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PLAN MY DAY

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*What did I learn today ...*

- 01. \_\_\_\_\_
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APRIL

24

FOCUS

TOP FIVE THINGS TO DO

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PLAN MY DAY

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- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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APRIL

25

FOCUS

TOP FIVE THINGS TO DO

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PLAN MY DAY

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- 03. \_\_\_\_\_



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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

APRIL

26

FOCUS

TOP FIVE THINGS TO DO

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PLAN MY DAY

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RATE MY DAY

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

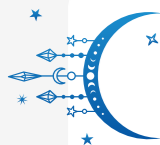


*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

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- 03. \_\_\_\_\_



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- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

APRIL

27

FOCUS

TOP FIVE THINGS TO DO

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PLAN MY DAY

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RATE MY DAY

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“Cultivate a network of trusted mentors and colleagues. Other people can give us the best insight into ourselves—and our own limitations. We must have the courage to ask for help and to request feedback to expand our vision of what’s possible”

Maria Castañón Moats

# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		
THURSDAY		Notes <hr/> <hr/> <hr/>
FRIDAY		<hr/> <hr/> <hr/>
SATURDAY		<hr/> <hr/> <hr/>



WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

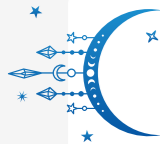


*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

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- 01. \_\_\_\_\_
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*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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*What did I learn today ...*

- 01. \_\_\_\_\_
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APRIL

28

FOCUS

TOP FIVE THINGS TO DO

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PLAN MY DAY

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RATE MY DAY

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- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

APRIL

29

FOCUS

TOP FIVE THINGS TO DO

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| _____ | 01. _____ | <input type="checkbox"/> |
| _____ | 02. _____ | <input type="checkbox"/> |
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PLAN MY DAY

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- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

APRIL

30

FOCUS

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DAILY GOAL

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TOP FIVE THINGS TO DO

01. \_\_\_\_\_ ○

02. \_\_\_\_\_ ○

03. \_\_\_\_\_ ○

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PLAN MY DAY

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RATE MY DAY

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- ⑨
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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

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- 03. \_\_\_\_\_



*Three things that went well for me today ...*

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- 02. \_\_\_\_\_
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*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MAY**

**01**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
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**PLAN MY DAY**

- 5AM \_\_\_\_\_
- 6AM \_\_\_\_\_
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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

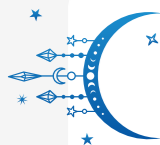


*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MAY**

**02**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

- 5AM \_\_\_\_\_
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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

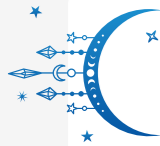


*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MAY**

**03**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

- 5AM \_\_\_\_\_
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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MAY**

**04**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

- 5AM \_\_\_\_\_
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**RATE MY DAY**

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“Never be limited by other people’s limited imagination.”

Dr. Mae Jemison

# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		
THURSDAY		Notes
FRIDAY		<hr/> <hr/> <hr/> <hr/>
SATURDAY		<hr/> <hr/> <hr/> <hr/>

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MAY**

**05**

**FOCUS**

**TOP FIVE THINGS TO DO**

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|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

- 5AM \_\_\_\_\_
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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

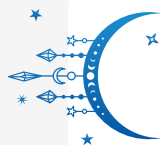


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- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MAY**

**06**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
| _____             | <b>03.</b> _____ | <input type="radio"/> |
| _____             | <b>04.</b> _____ | <input type="radio"/> |
| _____             | <b>05.</b> _____ | <input type="radio"/> |

**PLAN MY DAY**

- 5AM \_\_\_\_\_
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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

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- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MAY**

**07**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
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| _____             | <b>04.</b> _____ | <input type="radio"/> |
| _____             | <b>05.</b> _____ | <input type="radio"/> |

**PLAN MY DAY**

- 5AM \_\_\_\_\_
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**RATE MY DAY**

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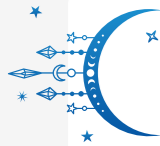


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*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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**MAY**

**08**

**FOCUS**

**TOP FIVE THINGS TO DO**

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|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
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| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

- 5AM \_\_\_\_\_
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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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**MAY**

**09**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
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| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
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| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

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**RATE MY DAY**

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- 03. \_\_\_\_\_



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- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MAY**

**10**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
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**PLAN MY DAY**

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



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*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MAY**

**11**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

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**RATE MY DAY**

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“Once we recognise that we can feel deeply, love deeply, can feel joy, then we will demand that all parts of our lives produce that kind of joy”

Audre Lorde

# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		
THURSDAY		Notes <hr/> <hr/>
FRIDAY		<hr/> <hr/>
SATURDAY		<hr/> <hr/>

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

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*Three things that went well for me today ...*

- 01. \_\_\_\_\_
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- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MAY**

**12**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

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**RATE MY DAY**

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*Three things that went well for me today ...*

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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MAY**

**13**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
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| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
| _____             | <b>03.</b> _____ | <input type="radio"/> |
| _____             | <b>04.</b> _____ | <input type="radio"/> |
| _____             | <b>05.</b> _____ | <input type="radio"/> |

**PLAN MY DAY**

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MAY**

**14**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

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**RATE MY DAY**

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- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MAY**

**15**

**FOCUS**

**TOP FIVE THINGS TO DO**

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| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

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- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MAY**

**16**

**FOCUS**

**TOP FIVE THINGS TO DO**

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| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
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| _____             | <b>04.</b> _____ | <input type="radio"/> |
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**PLAN MY DAY**

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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MAY**

**17**

**FOCUS**

**TOP FIVE THINGS TO DO**

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| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
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| _____             | <b>05.</b> _____ | <input type="radio"/> |

**PLAN MY DAY**

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**RATE MY DAY**

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*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MAY**

**18**

**FOCUS**

**TOP FIVE THINGS TO DO**

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| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
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| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

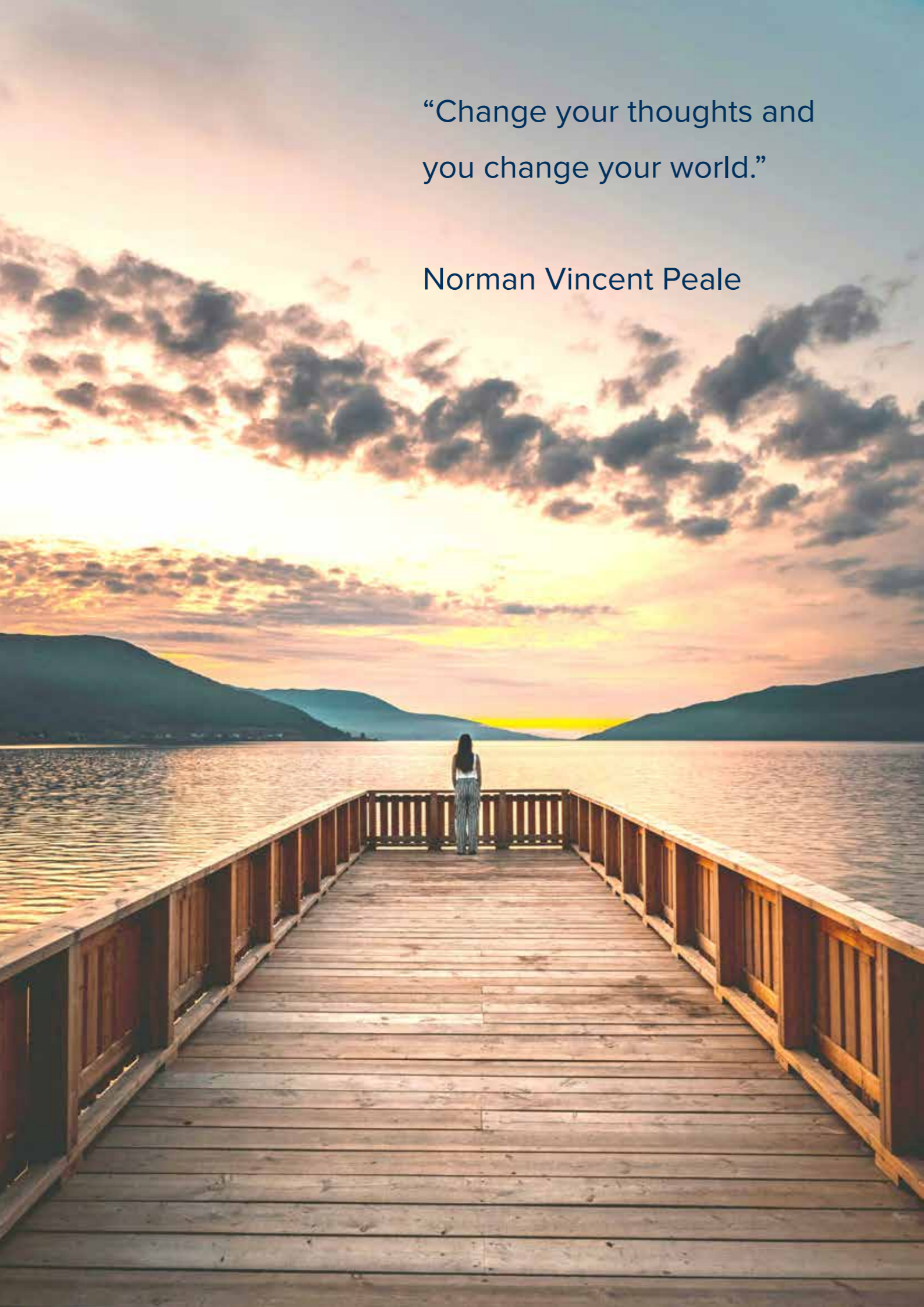
**PLAN MY DAY**

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**RATE MY DAY**

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“Change your thoughts and  
you change your world.”

Norman Vincent Peale

# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		Notes <hr/> <hr/>
THURSDAY		<hr/> <hr/>
FRIDAY		<hr/> <hr/>
SATURDAY		<hr/> <hr/>

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MAY**

**19**

**FOCUS**

**TOP FIVE THINGS TO DO**

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| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
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| _____             | <b>04.</b> _____ | <input type="radio"/> |
| _____             | <b>05.</b> _____ | <input type="radio"/> |

**PLAN MY DAY**

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

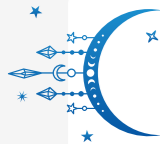


*I am grateful for ...*

- 01. \_\_\_\_\_
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- 03. \_\_\_\_\_

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*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MAY**

**20**

**FOCUS**

**TOP FIVE THINGS TO DO**

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| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
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| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

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- 01. \_\_\_\_\_
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- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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**MAY**

**21**

**FOCUS**

**TOP FIVE THINGS TO DO**

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| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
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| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

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**RATE MY DAY**

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- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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**MAY**

**22**

**FOCUS**

\_\_\_\_\_

**DAILY GOAL**

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**TOP FIVE THINGS TO DO**

01. \_\_\_\_\_

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**PLAN MY DAY**

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

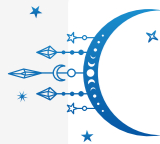


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- 02. \_\_\_\_\_
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- 01. \_\_\_\_\_
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- 03. \_\_\_\_\_



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- 01. \_\_\_\_\_
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- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MAY**

**23**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
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**PLAN MY DAY**

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**RATE MY DAY**

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- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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**MAY**

**24**

**FOCUS**

**TOP FIVE THINGS TO DO**

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| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

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- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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**MAY**

**25**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
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| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
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| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

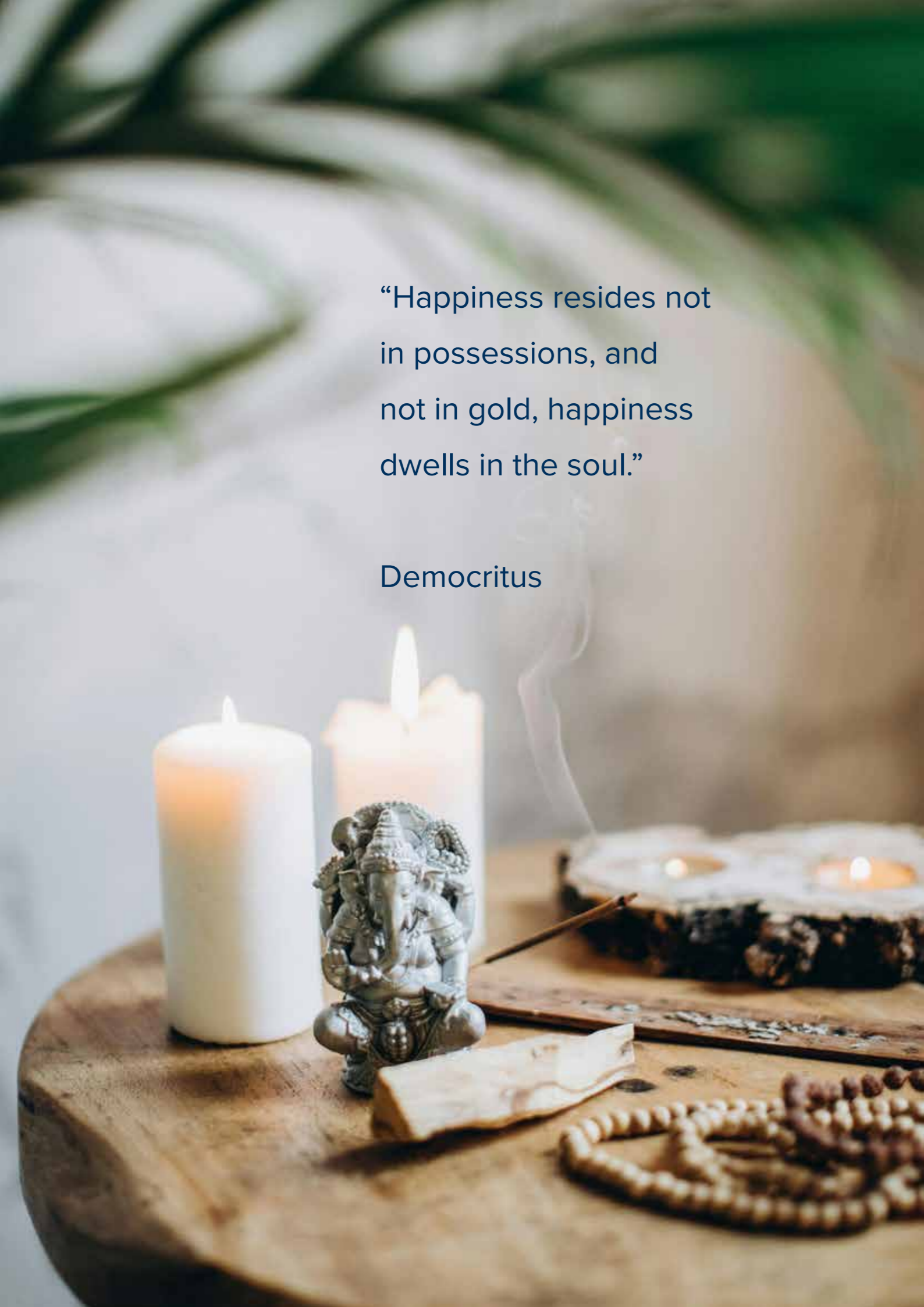
**PLAN MY DAY**

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**RATE MY DAY**

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“Happiness resides not  
in possessions, and  
not in gold, happiness  
dwells in the soul.”

Democritus

# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		Notes <hr/> <hr/>
THURSDAY		<hr/> <hr/>
FRIDAY		<hr/> <hr/>
SATURDAY		<hr/> <hr/>

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

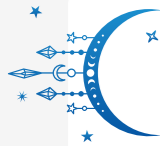


*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MAY**

**26**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
| _____             | <b>03.</b> _____ | <input type="radio"/> |
| _____             | <b>04.</b> _____ | <input type="radio"/> |
| _____             | <b>05.</b> _____ | <input type="radio"/> |

**PLAN MY DAY**

- 5AM \_\_\_\_\_
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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



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- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MAY**

**27**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

- 5AM \_\_\_\_\_
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**RATE MY DAY**

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- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MAY**

**28**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

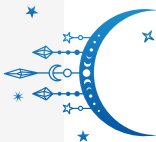


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- 01. \_\_\_\_\_
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- 03. \_\_\_\_\_

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- 03. \_\_\_\_\_



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- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MAY**

**29**

**FOCUS**

**TOP FIVE THINGS TO DO**

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|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
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| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

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**RATE MY DAY**

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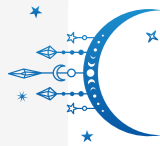


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- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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**MAY**

**30**

**FOCUS**

**TOP FIVE THINGS TO DO**

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| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
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| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

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*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**MAY**

**31**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
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| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
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**RATE MY DAY**

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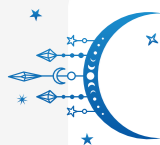


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*What did I learn today ...*

- 01. \_\_\_\_\_
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- 03. \_\_\_\_\_

**JUNE**

**01**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
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| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

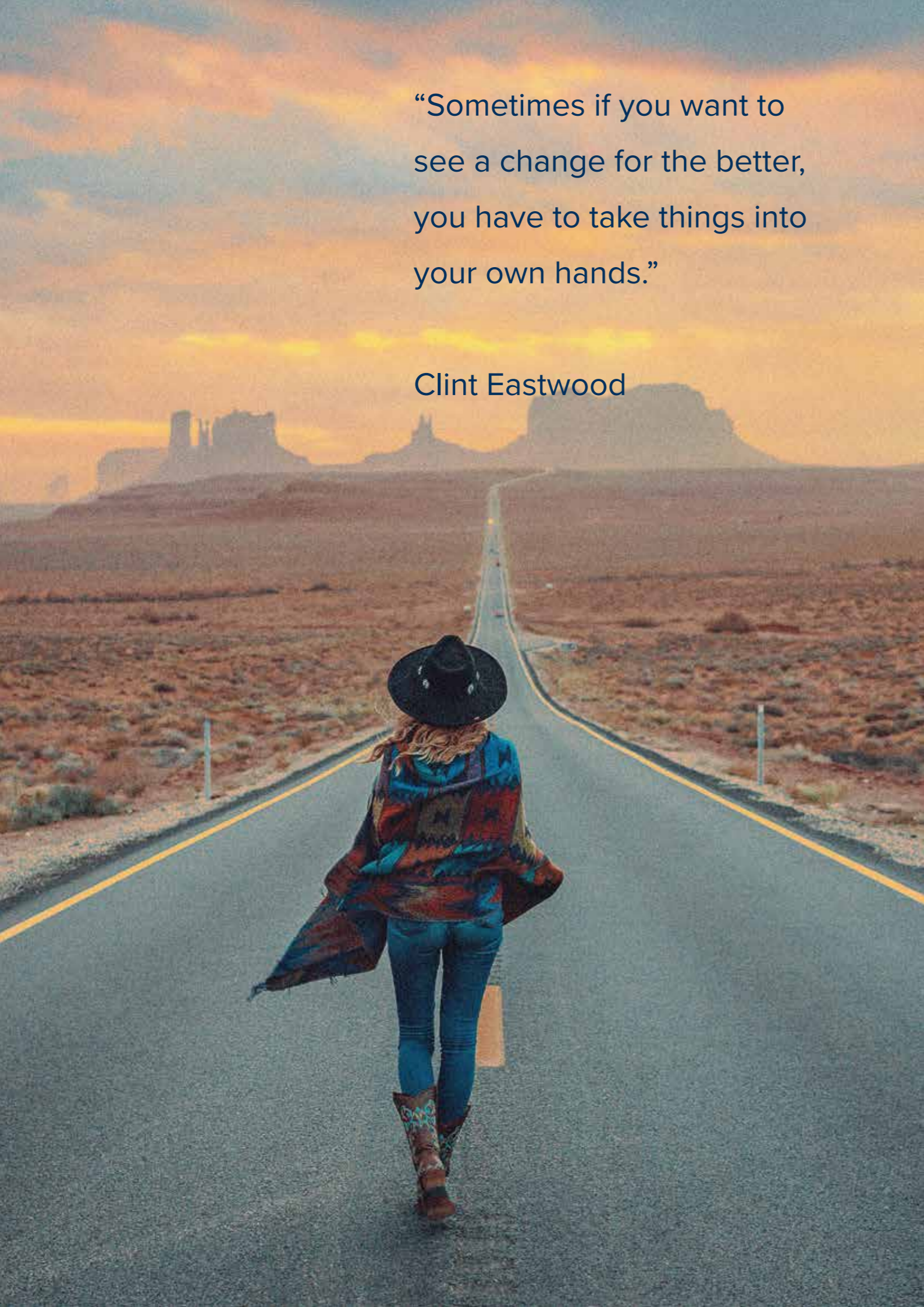
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**RATE MY DAY**

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“Sometimes if you want to see a change for the better, you have to take things into your own hands.”

Clint Eastwood

# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		Notes
THURSDAY		<hr/> <hr/>
FRIDAY		<hr/> <hr/>
SATURDAY		<hr/> <hr/>

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

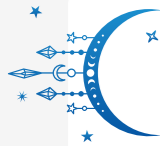


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- 03. \_\_\_\_\_



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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JUNE**

**02**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
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| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
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| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

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**RATE MY DAY**

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- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JUNE**

**03**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
| _____             | <b>03.</b> _____ | <input type="radio"/> |
| _____             | <b>04.</b> _____ | <input type="radio"/> |
| _____             | <b>05.</b> _____ | <input type="radio"/> |

**PLAN MY DAY**

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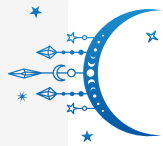


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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JUNE**

**04**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

- 5AM \_\_\_\_\_
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**RATE MY DAY**

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- 01. \_\_\_\_\_
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**JUNE**

**05**

**FOCUS**

**TOP FIVE THINGS TO DO**

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| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
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**RATE MY DAY**

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*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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**JUNE**

**06**

**FOCUS**

**TOP FIVE THINGS TO DO**

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| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JUNE**

**07**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
| _____             | <b>03.</b> _____ | <input type="radio"/> |
| _____             | <b>04.</b> _____ | <input type="radio"/> |
| _____             | <b>05.</b> _____ | <input type="radio"/> |

**PLAN MY DAY**

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JUNE**

**08**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
| _____             | <b>03.</b> _____ | <input type="radio"/> |
| _____             | <b>04.</b> _____ | <input type="radio"/> |
| _____             | <b>05.</b> _____ | <input type="radio"/> |

**PLAN MY DAY**

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**RATE MY DAY**

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“Always remember, you have within you the strength, the patience and the passion to reach for the stars to change the world.”

Harriet Tubman

# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		Notes <hr/> <hr/>
THURSDAY		<hr/> <hr/>
FRIDAY		<hr/> <hr/>
SATURDAY		<hr/> <hr/>

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



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- 03. \_\_\_\_\_

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- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JUNE**

**09**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

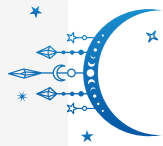


*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JUNE**

**10**

**FOCUS**

**TOP FIVE THINGS TO DO**

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|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
| _____             | <b>03.</b> _____ | <input type="radio"/> |
| _____             | <b>04.</b> _____ | <input type="radio"/> |
| _____             | <b>05.</b> _____ | <input type="radio"/> |

**PLAN MY DAY**

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*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JUNE**

**11**

**FOCUS**

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**TOP FIVE THINGS TO DO**

01. \_\_\_\_\_ ○

**DAILY GOAL**

\_\_\_\_\_

02. \_\_\_\_\_ ○

03. \_\_\_\_\_ ○

04. \_\_\_\_\_ ○

05. \_\_\_\_\_ ○

**PLAN MY DAY**

5AM \_\_\_\_\_ ○

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9AM \_\_\_\_\_ ○

10AM \_\_\_\_\_ ○

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



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- 03. \_\_\_\_\_



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- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JUNE**

**12**

**FOCUS**

**TOP FIVE THINGS TO DO**

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|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
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**PLAN MY DAY**

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- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JUNE**

**13**

**FOCUS**

**TOP FIVE THINGS TO DO**

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|-------------------|------------------|-----------------------|
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| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
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**PLAN MY DAY**

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- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
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- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JUNE**

**14**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
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**PLAN MY DAY**

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**RATE MY DAY**

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- 03. \_\_\_\_\_



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- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JUNE**

**15**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
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| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
| _____             | <b>03.</b> _____ | <input type="radio"/> |
| _____             | <b>04.</b> _____ | <input type="radio"/> |
| _____             | <b>05.</b> _____ | <input type="radio"/> |

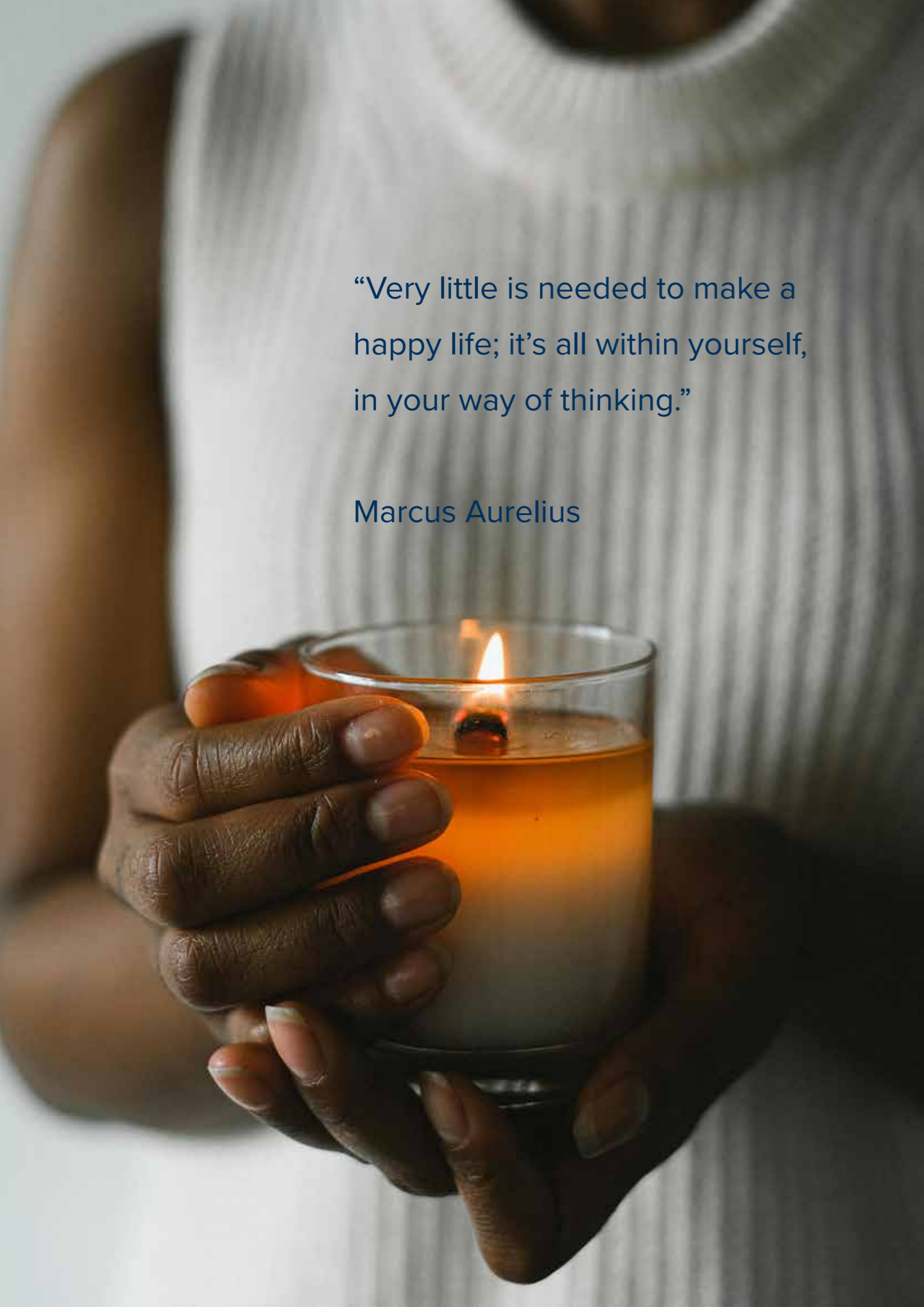
**PLAN MY DAY**

- 5AM \_\_\_\_\_
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**RATE MY DAY**

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“Very little is needed to make a happy life; it’s all within yourself, in your way of thinking.”

Marcus Aurelius

# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		<hr/> <hr/> Notes
THURSDAY		<hr/> <hr/>
FRIDAY		<hr/> <hr/>
SATURDAY		<hr/> <hr/>

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



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- 03. \_\_\_\_\_



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- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JUNE**

**16**

**FOCUS**

**TOP FIVE THINGS TO DO**

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| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
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| _____             | <b>04.</b> _____ | <input type="radio"/> |
| _____             | <b>05.</b> _____ | <input type="radio"/> |

**PLAN MY DAY**

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**RATE MY DAY**

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*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JUNE**

**17**

**FOCUS**

**TOP FIVE THINGS TO DO**

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| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
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**PLAN MY DAY**

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- 03. \_\_\_\_\_



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- 01. \_\_\_\_\_
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- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JUNE**

**18**

**FOCUS**

**TOP FIVE THINGS TO DO**

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|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
| _____             | <b>03.</b> _____ | <input type="radio"/> |
| _____             | <b>04.</b> _____ | <input type="radio"/> |
| _____             | <b>05.</b> _____ | <input type="radio"/> |

**PLAN MY DAY**

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- 01. \_\_\_\_\_
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*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JUNE**

**19**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JUNE**

**20**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
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*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JUNE**

**21**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
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**RATE MY DAY**

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- 03. \_\_\_\_\_



*Three things that went well for me today ...*

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*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JUNE**

**22**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
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**RATE MY DAY**

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“Strive not to be a success,  
but rather to be of value.”

Albert Einstein



# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		Notes <hr/> <hr/>
THURSDAY		<hr/> <hr/>
FRIDAY		<hr/> <hr/>
SATURDAY		<hr/> <hr/>

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JUNE**

**23**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
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*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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**JUNE**

**24**

**FOCUS**

**TOP FIVE THINGS TO DO**

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| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
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*What did I learn today ...*

- 01. \_\_\_\_\_
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**JUNE**

**25**

**FOCUS**

**TOP FIVE THINGS TO DO**

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|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
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*What did I learn today ...*

- 01. \_\_\_\_\_
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**JUNE**

**26**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
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*What did I learn today ...*

- 01. \_\_\_\_\_
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**JUNE**

**27**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

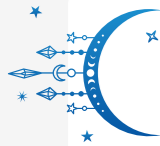


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*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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**JUNE**

**28**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
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**JUNE**

**29**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
|-------------------|------------------|-----------------------|
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**RATE MY DAY**

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- 9
- 10



“It is during our darkest moments that we must focus to see the light.”

Aristotle

# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<input type="checkbox"/> _____ <input type="checkbox"/> _____
MONDAY		<input type="checkbox"/> _____ <input type="checkbox"/> _____
TUESDAY		<input type="checkbox"/> _____ <input type="checkbox"/> _____
WEDNESDAY		Notes
THURSDAY		<hr/> <hr/>
FRIDAY		<hr/> <hr/>
SATURDAY		<hr/> <hr/>

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*What did I learn today ...*

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**JUNE**

**30**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
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**RATE MY DAY**

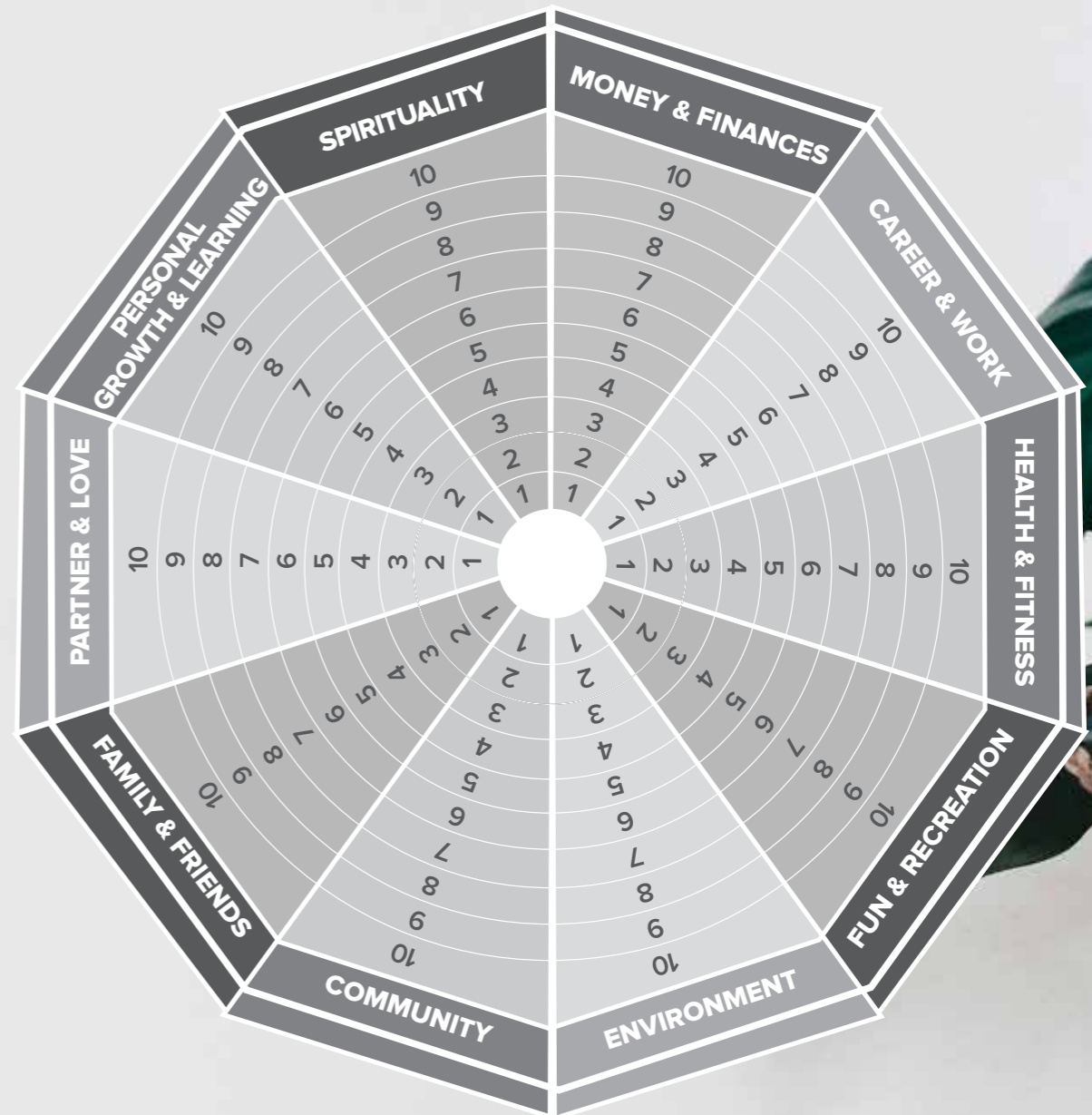
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# The Wheel of Life Check-in

It's time to complete another Wheel of Life to track your progress and satisfaction after six months.

It's important to compare this new web with the web you created three months ago.



## HOW TO USE THE WHEEL OF LIFE?

Score each category by drawing a line through each section. Please note 1 is not satisfied at all and 10 is fully satisfied.

Once you have answered all sections and created a web-style drawing, ask yourself the following questions:

When you look at the shape of the wheel, how do you feel?

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# The Wheel of Life

How would you like to change the shape of the inner wheel?

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---

What surprises you the most?

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---

---

What would a score of 10 look and feel like?

---

---

---

---

Which category would you most like to improve?

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---

---

What category would you most like to start with?

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---

At present, how do you spend time in each area?

---

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---

What do you need to improve the score in each area?

---

---

---

What small steps would have the most significant impact on your satisfaction?

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---

---

Could a single action improve more than one area?

---

---

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## *Quarterly goals*

It's time to set your goals for the next three months. You can list goals that you are still working towards from the last quarter or if you have achieved them – amazing work! It's time to set some new ones.



Top three things I hope to achieve in the next three months ...

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

How will I achieve these goals?

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Are there any major challenges that could arise in this quarter? If so, what?

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How will I overcome these challenges?

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In the next quarter, I would like my complementary therapies business to earn \$...

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What goals am I focusing on for the next quarter?

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JULY**

**01**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



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- 03. \_\_\_\_\_

*My goals for today are ...*

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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JULY**

**02**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



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- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JULY**

**03**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

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**RATE MY DAY**

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- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JULY**

**04**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
| _____             | <b>03.</b> _____ | <input type="radio"/> |
| _____             | <b>04.</b> _____ | <input type="radio"/> |
| _____             | <b>05.</b> _____ | <input type="radio"/> |

**PLAN MY DAY**

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*Three things that went well for me today ...*

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- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JULY**

**05**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
| _____             | <b>03.</b> _____ | <input type="radio"/> |
| _____             | <b>04.</b> _____ | <input type="radio"/> |
| _____             | <b>05.</b> _____ | <input type="radio"/> |

**PLAN MY DAY**

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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JULY**

**06**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
| _____             | <b>03.</b> _____ | <input type="radio"/> |
| _____             | <b>04.</b> _____ | <input type="radio"/> |
| _____             | <b>05.</b> _____ | <input type="radio"/> |

**PLAN MY DAY**

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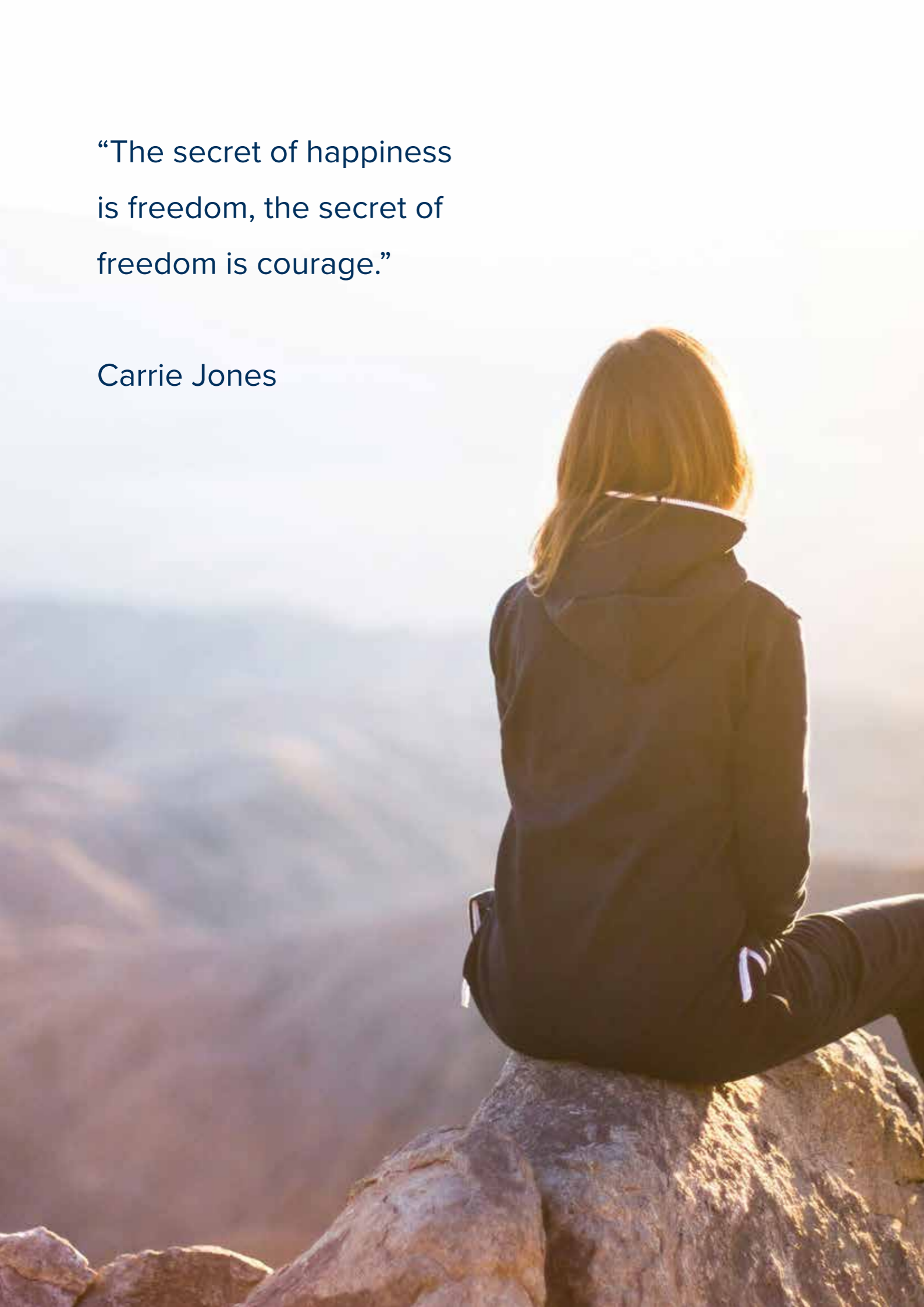
**RATE MY DAY**

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“The secret of happiness is freedom, the secret of freedom is courage.”

Carrie Jones



# Self-care Tracker

SUNDAY	SELF-CARE GOALS	Action Steps
		<hr/>
		<hr/>
MONDAY	SELF-CARE GOALS	<hr/>
		<hr/>
		<hr/>
TUESDAY	SELF-CARE GOALS	<hr/>
		<hr/>
		<hr/>
WEDNESDAY	SELF-CARE GOALS	Notes
		<hr/>
		<hr/>
THURSDAY	SELF-CARE GOALS	<hr/>
		<hr/>
		<hr/>
FRIDAY	SELF-CARE GOALS	<hr/>
		<hr/>
		<hr/>
SATURDAY	SELF-CARE GOALS	<hr/>
		<hr/>
		<hr/>

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
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- 03. \_\_\_\_\_

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*Three things that went well for me today ...*

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- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JULY**

**07**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
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| _____             | <b>05.</b> _____ | <input type="radio"/> |

**PLAN MY DAY**

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*Three things that went well for me today ...*

- 01. \_\_\_\_\_
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*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JULY**

**08**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
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| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
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| _____             | <b>05.</b> _____ | <input type="radio"/> |

**PLAN MY DAY**

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- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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**JULY**

**09**

**FOCUS**

**TOP FIVE THINGS TO DO**

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| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
| _____             | <b>03.</b> _____ | <input type="radio"/> |
| _____             | <b>04.</b> _____ | <input type="radio"/> |
| _____             | <b>05.</b> _____ | <input type="radio"/> |

**PLAN MY DAY**

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*What did I learn today ...*

- 01. \_\_\_\_\_
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**JULY**

**10**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
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*What did I learn today ...*

- 01. \_\_\_\_\_
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**JULY**

**11**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
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| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
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| _____             | <b>05.</b> _____ | <input type="radio"/> |

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*What did I learn today ...*

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**JULY**

**12**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
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| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JULY**

**13**

**FOCUS**

**TOP FIVE THINGS TO DO**

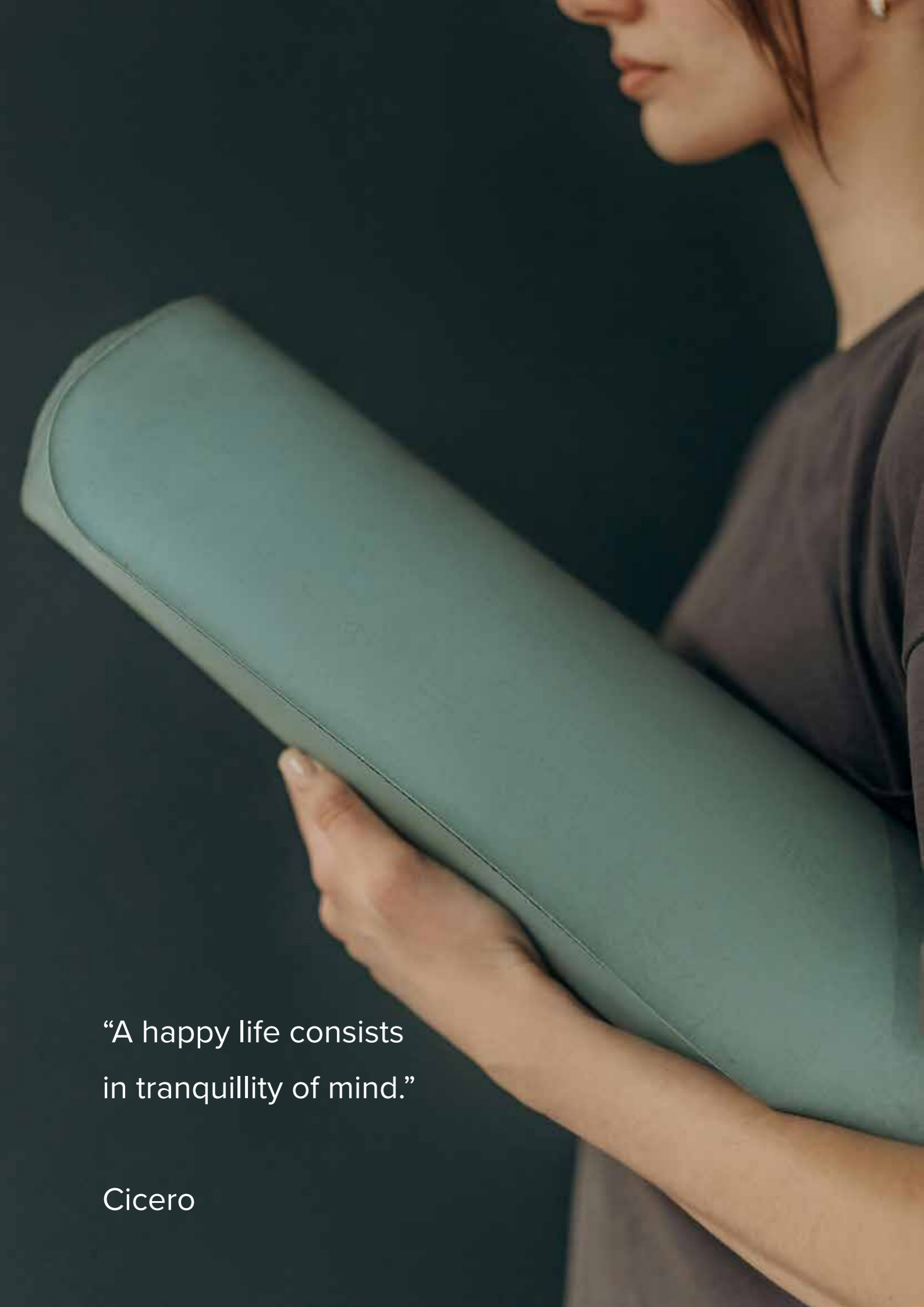
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| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
| _____             | <b>03.</b> _____ | <input type="radio"/> |
| _____             | <b>04.</b> _____ | <input type="radio"/> |
| _____             | <b>05.</b> _____ | <input type="radio"/> |

**PLAN MY DAY**

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**RATE MY DAY**

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“A happy life consists  
in tranquillity of mind.”

Cicero

# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		<hr/> <hr/> Notes
THURSDAY		<hr/> <hr/>
FRIDAY		<hr/> <hr/>
SATURDAY		<hr/> <hr/>



WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JULY**

**14**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
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| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
| _____             | <b>03.</b> _____ | <input type="radio"/> |
| _____             | <b>04.</b> _____ | <input type="radio"/> |
| _____             | <b>05.</b> _____ | <input type="radio"/> |

**PLAN MY DAY**

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JULY**

**15**

**FOCUS**

\_\_\_\_\_

**DAILY GOAL**

\_\_\_\_\_

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**TOP FIVE THINGS TO DO**

01. \_\_\_\_\_

02. \_\_\_\_\_

03. \_\_\_\_\_

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**PLAN MY DAY**

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JULY**

**16**

**FOCUS**

**TOP FIVE THINGS TO DO**

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| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
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| _____             | <b>04.</b> _____ | <input type="radio"/> |
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**PLAN MY DAY**

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*My goals for today are ...*

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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JULY**

**17**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
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| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
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**PLAN MY DAY**

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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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**JULY**

**18**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
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| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
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**PLAN MY DAY**

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**RATE MY DAY**

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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JULY**

**19**

**FOCUS**

**TOP FIVE THINGS TO DO**

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| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
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**RATE MY DAY**

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- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JULY**

**20**

**FOCUS**

**TOP FIVE THINGS TO DO**

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**RATE MY DAY**

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“If you feel like there’s something out there that you’re supposed to be doing, if you have a passion for it, then stop wishing and just do it.”

Wanda Sykes

# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		Notes <hr/> <hr/>
THURSDAY		<hr/> <hr/>
FRIDAY		<hr/> <hr/>
SATURDAY		<hr/> <hr/>

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

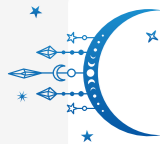


*I am grateful for ...*

- 01. \_\_\_\_\_
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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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**JULY**

**21**

**FOCUS**

**TOP FIVE THINGS TO DO**

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**PLAN MY DAY**

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



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- 03. \_\_\_\_\_

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- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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**JULY**

**22**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
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| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
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**PLAN MY DAY**

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**RATE MY DAY**

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- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JULY**

**23**

**FOCUS**

**TOP FIVE THINGS TO DO**

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| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
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**PLAN MY DAY**

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- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JULY**

**24**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
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| _____             | <b>04.</b> _____ | <input type="radio"/> |
| _____             | <b>05.</b> _____ | <input type="radio"/> |

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

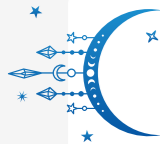


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- 01. \_\_\_\_\_
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- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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**JULY**

**25**

**FOCUS**

**TOP FIVE THINGS TO DO**

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| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

- 5AM \_\_\_\_\_
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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

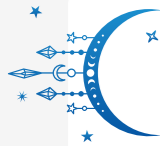


*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JULY**

**26**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
| _____             | <b>03.</b> _____ | <input type="radio"/> |
| _____             | <b>04.</b> _____ | <input type="radio"/> |
| _____             | <b>05.</b> _____ | <input type="radio"/> |

**PLAN MY DAY**

- 5AM \_\_\_\_\_
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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



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- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JULY**

**27**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
| _____             | <b>03.</b> _____ | <input type="radio"/> |
| _____             | <b>04.</b> _____ | <input type="radio"/> |
| _____             | <b>05.</b> _____ | <input type="radio"/> |

**PLAN MY DAY**

- 5AM \_\_\_\_\_
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**RATE MY DAY**

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“You do not find the  
happy life. You make it.”

Camilla Eyring Kimball



# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		<hr/> <hr/> Notes
THURSDAY		<hr/> <hr/>
FRIDAY		<hr/> <hr/>
SATURDAY		<hr/> <hr/>

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



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- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

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- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JULY**

**28**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
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| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

- 5AM \_\_\_\_\_
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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

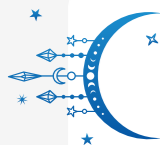


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- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JULY**

**29**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

- 5AM \_\_\_\_\_
- 6AM \_\_\_\_\_
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**RATE MY DAY**

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- 10



WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



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- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JULY**

**30**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

**PLAN MY DAY**

- 5AM \_\_\_\_\_
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- 9AM \_\_\_\_\_
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**RATE MY DAY**

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- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**JULY**

**31**

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
| _____             | <b>03.</b> _____ | <input type="radio"/> |
| _____             | <b>04.</b> _____ | <input type="radio"/> |
| _____             | <b>05.</b> _____ | <input type="radio"/> |

**PLAN MY DAY**

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- 11PM \_\_\_\_\_

**RATE MY DAY**

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- 10

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

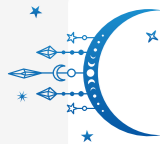


*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

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- 01. \_\_\_\_\_
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*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

# AUGUST | 01

## FOCUS

\_\_\_\_\_

## DAILY GOAL

\_\_\_\_\_

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\_\_\_\_\_

## TOP FIVE THINGS TO DO

01. \_\_\_\_\_

02. \_\_\_\_\_

03. \_\_\_\_\_

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## PLAN MY DAY

5AM \_\_\_\_\_

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## RATE MY DAY

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- 8
- 9
- 10

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**FOCUS**

\_\_\_\_\_

**DAILY GOAL**

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**TOP FIVE THINGS TO DO**

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**PLAN MY DAY**

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**RATE MY DAY**

- 1
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- 8
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- 10

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



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- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
| _____             | <b>03.</b> _____ | <input type="radio"/> |
| _____             | <b>04.</b> _____ | <input type="radio"/> |
| _____             | <b>05.</b> _____ | <input type="radio"/> |

**PLAN MY DAY**

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**RATE MY DAY**

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“Always remember,  
your focus determines  
your reality.”

George Lucas

# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/> <hr/>
MONDAY		<hr/> <hr/> <hr/>
TUESDAY		<hr/> <hr/> <hr/>
WEDNESDAY		Notes
THURSDAY		<hr/> <hr/> <hr/>
FRIDAY		<hr/> <hr/> <hr/>
SATURDAY		<hr/> <hr/> <hr/>



WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

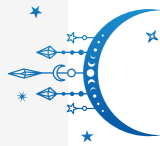


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- 01. \_\_\_\_\_
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- 01. \_\_\_\_\_
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*What did I learn today ...*

- 01. \_\_\_\_\_
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- 03. \_\_\_\_\_

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
|-------------------|------------------|-----------------------|
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**PLAN MY DAY**

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**RATE MY DAY**

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- 8
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- 10

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- 02. \_\_\_\_\_
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- 03. \_\_\_\_\_



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- 02. \_\_\_\_\_
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*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
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**PLAN MY DAY**

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**RATE MY DAY**

- 1  2  3  4  5  6  7  8  9  10

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

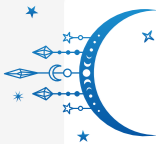


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- 01. \_\_\_\_\_
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- 03. \_\_\_\_\_

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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



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- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**FOCUS**

\_\_\_\_\_

**TOP FIVE THINGS TO DO**

- 01. \_\_\_\_\_ ○
- 02. \_\_\_\_\_ ○
- 03. \_\_\_\_\_ ○
- 04. \_\_\_\_\_ ○
- 05. \_\_\_\_\_ ○

**DAILY GOAL**

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**PLAN MY DAY**

- 5AM \_\_\_\_\_ ○
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**RATE MY DAY**

- ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
| _____             | <b>03.</b> _____ | <input type="radio"/> |
| _____             | <b>04.</b> _____ | <input type="radio"/> |
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**PLAN MY DAY**

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**RATE MY DAY**

- 1  2  3  4  5  6  7  8  9  10

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

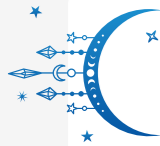


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- 02. \_\_\_\_\_
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*My goals for today are ...*

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- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**FOCUS**

\_\_\_\_\_

**TOP FIVE THINGS TO DO**

- 01. \_\_\_\_\_ ○
- 02. \_\_\_\_\_ ○
- 03. \_\_\_\_\_ ○
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**DAILY GOAL**

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**PLAN MY DAY**

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**RATE MY DAY**

- ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

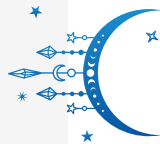


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**FOCUS**

\_\_\_\_\_

**TOP FIVE THINGS TO DO**

- 01. \_\_\_\_\_ ○
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- 03. \_\_\_\_\_ ○
- 04. \_\_\_\_\_ ○
- 05. \_\_\_\_\_ ○

**DAILY GOAL**

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**PLAN MY DAY**

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**RATE MY DAY**

- ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩



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- 03. \_\_\_\_\_



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- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

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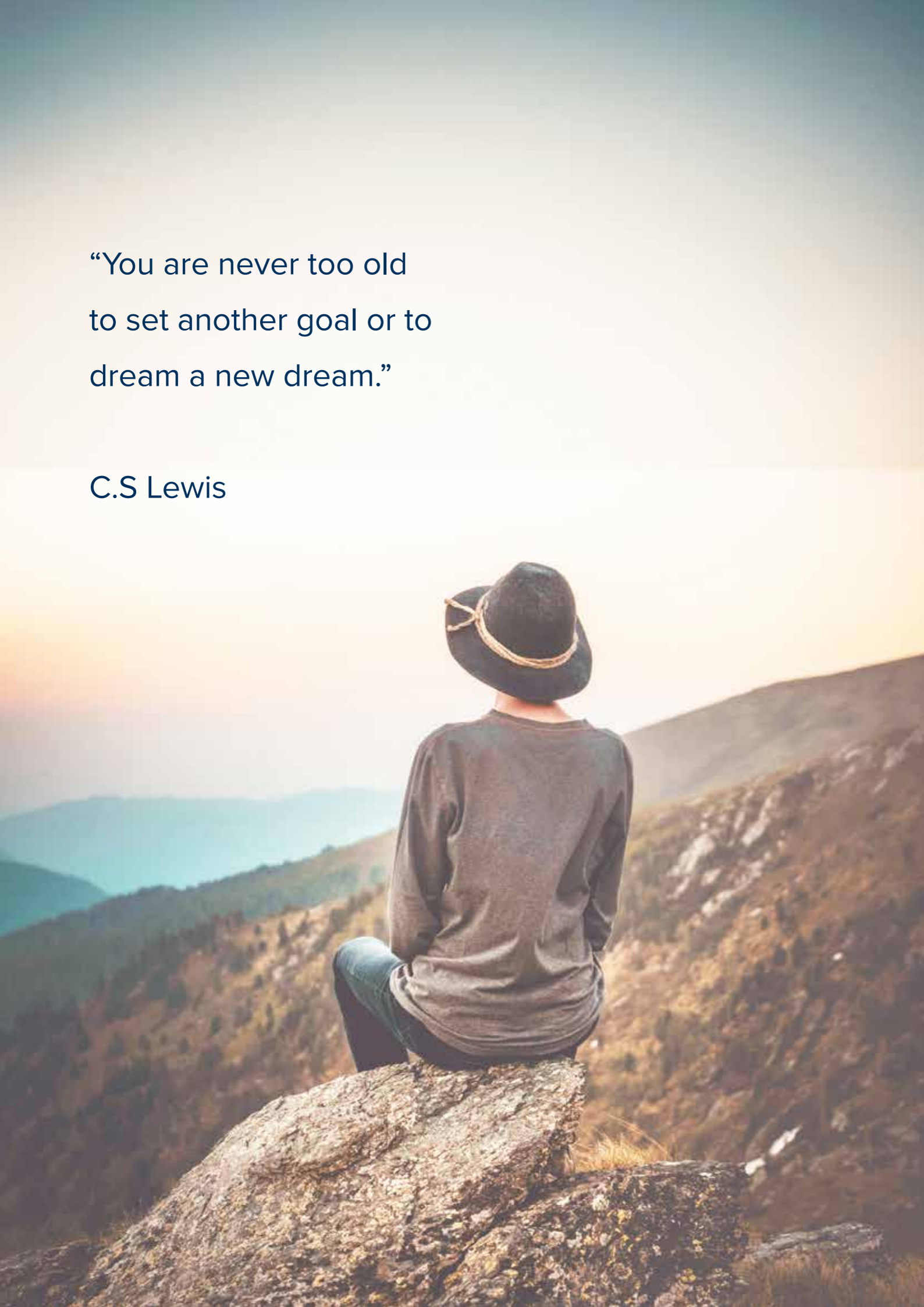
**RATE MY DAY**

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“You are never too old  
to set another goal or to  
dream a new dream.”

C.S Lewis



# Self-care Tracker

SUNDAY	SELF-CARE GOALS	Action Steps
		_____
		_____
MONDAY	SELF-CARE GOALS	_____
		_____
		_____
TUESDAY	SELF-CARE GOALS	_____
		_____
		_____
WEDNESDAY	SELF-CARE GOALS	Notes
		_____
		_____
THURSDAY	SELF-CARE GOALS	_____
		_____
		_____
FRIDAY	SELF-CARE GOALS	_____
		_____
		_____
SATURDAY	SELF-CARE GOALS	_____
		_____
		_____

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

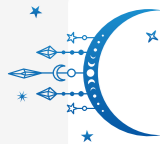


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*What did I learn today ...*

- 01. \_\_\_\_\_
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**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                       |
|-------------------|------------------|-----------------------|
| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
| _____             | <b>03.</b> _____ | <input type="radio"/> |
| _____             | <b>04.</b> _____ | <input type="radio"/> |
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**PLAN MY DAY**

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**RATE MY DAY**

- 1  2  3  4  5  6  7  8  9  10

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

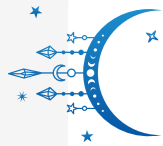


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**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
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| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
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**RATE MY DAY**

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**FOCUS**

\_\_\_\_\_

**TOP FIVE THINGS TO DO**

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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**DAILY GOAL**

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**FOCUS**

\_\_\_\_\_

**TOP FIVE THINGS TO DO**

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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**DAILY GOAL**

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**FOCUS**

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**FOCUS**

\_\_\_\_\_

**TOP FIVE THINGS TO DO**

- 01. \_\_\_\_\_
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**DAILY GOAL**

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**RATE MY DAY**

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“The only way to do great work is to love what you do. If you haven’t found it yet, keep looking. Don’t settle.”

Steve Jobs

# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		Notes <hr/> <hr/>
THURSDAY		<hr/> <hr/>
FRIDAY		<hr/> <hr/>
SATURDAY		<hr/> <hr/>

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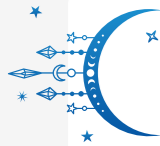


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**FOCUS**

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

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*Three things that went well for me today ...*

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*What did I learn today ...*

- 01. \_\_\_\_\_
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**FOCUS**

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**TOP FIVE THINGS TO DO**

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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**DAILY GOAL**

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**PLAN MY DAY**

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| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
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**DAILY GOAL**

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

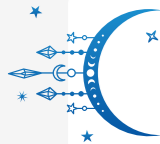


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**FOCUS**

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**RATE MY DAY**

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“Change will not come if we wait for some other person or some other time. We are the ones we’ve been waiting for. We are the change that we seek.”

Barack Obama

# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		Notes <hr/> <hr/>
THURSDAY		<hr/> <hr/>
FRIDAY		<hr/> <hr/>
SATURDAY		<hr/> <hr/>



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**DAILY GOAL**

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**FOCUS**

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- 01. \_\_\_\_\_
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**DAILY GOAL**

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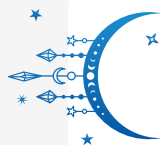


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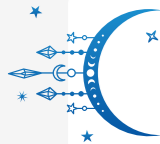


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**FOCUS**

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**DAILY GOAL**

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**TOP FIVE THINGS TO DO**

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**RATE MY DAY**

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**RATE MY DAY**

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

“When we create peace,  
harmony and balance in  
our minds, we’ll find it in  
our lives.”

Louise Hay



## Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		Notes <hr/> <hr/>
THURSDAY		<hr/> <hr/>
FRIDAY		<hr/> <hr/>
SATURDAY		<hr/> <hr/>

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

# SEPTEMBER | 01

## FOCUS

\_\_\_\_\_

## TOP FIVE THINGS TO DO

01. \_\_\_\_\_

## DAILY GOAL

\_\_\_\_\_

02. \_\_\_\_\_

\_\_\_\_\_

03. \_\_\_\_\_

\_\_\_\_\_

04. \_\_\_\_\_

05. \_\_\_\_\_

## PLAN MY DAY

5AM \_\_\_\_\_

6AM \_\_\_\_\_

7AM \_\_\_\_\_

8AM \_\_\_\_\_

9AM \_\_\_\_\_

10AM \_\_\_\_\_

11AM \_\_\_\_\_

12PM \_\_\_\_\_

1PM \_\_\_\_\_

2PM \_\_\_\_\_

3PM \_\_\_\_\_

4PM \_\_\_\_\_

5PM \_\_\_\_\_

6PM \_\_\_\_\_

7PM \_\_\_\_\_

8PM \_\_\_\_\_

9PM \_\_\_\_\_

10PM \_\_\_\_\_

11PM \_\_\_\_\_

## RATE MY DAY

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

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

# SEPTEMBER | 02

## FOCUS

\_\_\_\_\_

## DAILY GOAL

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## TOP FIVE THINGS TO DO

01. \_\_\_\_\_

02. \_\_\_\_\_

03. \_\_\_\_\_

04. \_\_\_\_\_

05. \_\_\_\_\_

## PLAN MY DAY

5AM \_\_\_\_\_

6AM \_\_\_\_\_

7AM \_\_\_\_\_

8AM \_\_\_\_\_

9AM \_\_\_\_\_

10AM \_\_\_\_\_

11AM \_\_\_\_\_

12PM \_\_\_\_\_

1PM \_\_\_\_\_

2PM \_\_\_\_\_

3PM \_\_\_\_\_

4PM \_\_\_\_\_

5PM \_\_\_\_\_

6PM \_\_\_\_\_

7PM \_\_\_\_\_

8PM \_\_\_\_\_

9PM \_\_\_\_\_

10PM \_\_\_\_\_

11PM \_\_\_\_\_

## RATE MY DAY

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

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

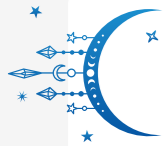


*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

# SEPTEMBER | 03

## FOCUS

\_\_\_\_\_

## TOP FIVE THINGS TO DO

01. \_\_\_\_\_ ○

## DAILY GOAL

\_\_\_\_\_

02. \_\_\_\_\_ ○

\_\_\_\_\_

03. \_\_\_\_\_ ○

\_\_\_\_\_

04. \_\_\_\_\_ ○

05. \_\_\_\_\_ ○

## PLAN MY DAY

5AM \_\_\_\_\_ ○

6AM \_\_\_\_\_ ○

7AM \_\_\_\_\_ ○

8AM \_\_\_\_\_ ○

9AM \_\_\_\_\_ ○

10AM \_\_\_\_\_ ○

11AM \_\_\_\_\_ ○

12PM \_\_\_\_\_ ○

1PM \_\_\_\_\_ ○

2PM \_\_\_\_\_ ○

3PM \_\_\_\_\_ ○

4PM \_\_\_\_\_ ○

5PM \_\_\_\_\_ ○

6PM \_\_\_\_\_ ○

7PM \_\_\_\_\_ ○

8PM \_\_\_\_\_ ○

9PM \_\_\_\_\_ ○

10PM \_\_\_\_\_ ○

11PM \_\_\_\_\_ ○

## RATE MY DAY

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

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

# SEPTEMBER | 04

## FOCUS

\_\_\_\_\_

## DAILY GOAL

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## TOP FIVE THINGS TO DO

01. \_\_\_\_\_ ○

02. \_\_\_\_\_ ○

03. \_\_\_\_\_ ○

04. \_\_\_\_\_ ○

05. \_\_\_\_\_ ○

## PLAN MY DAY

5AM \_\_\_\_\_ ○

6AM \_\_\_\_\_ ○

7AM \_\_\_\_\_ ○

8AM \_\_\_\_\_ ○

9AM \_\_\_\_\_ ○

10AM \_\_\_\_\_ ○

11AM \_\_\_\_\_ ○

12PM \_\_\_\_\_ ○

1PM \_\_\_\_\_ ○

2PM \_\_\_\_\_ ○

3PM \_\_\_\_\_ ○

4PM \_\_\_\_\_ ○

5PM \_\_\_\_\_ ○

6PM \_\_\_\_\_ ○

7PM \_\_\_\_\_ ○

8PM \_\_\_\_\_ ○

9PM \_\_\_\_\_ ○

10PM \_\_\_\_\_ ○

11PM \_\_\_\_\_ ○

## RATE MY DAY

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



WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

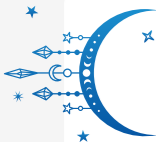


*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

# SEPTEMBER | 05

## FOCUS

\_\_\_\_\_

## DAILY GOAL

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## TOP FIVE THINGS TO DO

01. \_\_\_\_\_ ○

02. \_\_\_\_\_ ○

03. \_\_\_\_\_ ○

04. \_\_\_\_\_ ○

05. \_\_\_\_\_ ○

## PLAN MY DAY

5AM \_\_\_\_\_ ○

6AM \_\_\_\_\_ ○

7AM \_\_\_\_\_ ○

8AM \_\_\_\_\_ ○

9AM \_\_\_\_\_ ○

10AM \_\_\_\_\_ ○

11AM \_\_\_\_\_ ○

12PM \_\_\_\_\_ ○

1PM \_\_\_\_\_ ○

2PM \_\_\_\_\_ ○

3PM \_\_\_\_\_ ○

4PM \_\_\_\_\_ ○

5PM \_\_\_\_\_ ○

6PM \_\_\_\_\_ ○

7PM \_\_\_\_\_ ○

8PM \_\_\_\_\_ ○

9PM \_\_\_\_\_ ○

10PM \_\_\_\_\_ ○

11PM \_\_\_\_\_ ○

## RATE MY DAY

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

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

# SEPTEMBER | 06

## FOCUS

\_\_\_\_\_

## DAILY GOAL

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## TOP FIVE THINGS TO DO

01. \_\_\_\_\_ ○

02. \_\_\_\_\_ ○

03. \_\_\_\_\_ ○

04. \_\_\_\_\_ ○

05. \_\_\_\_\_ ○

## PLAN MY DAY

5AM \_\_\_\_\_ ○

6AM \_\_\_\_\_ ○

7AM \_\_\_\_\_ ○

8AM \_\_\_\_\_ ○

9AM \_\_\_\_\_ ○

10AM \_\_\_\_\_ ○

11AM \_\_\_\_\_ ○

12PM \_\_\_\_\_ ○

1PM \_\_\_\_\_ ○

2PM \_\_\_\_\_ ○

3PM \_\_\_\_\_ ○

4PM \_\_\_\_\_ ○

5PM \_\_\_\_\_ ○

6PM \_\_\_\_\_ ○

7PM \_\_\_\_\_ ○

8PM \_\_\_\_\_ ○

9PM \_\_\_\_\_ ○

10PM \_\_\_\_\_ ○

11PM \_\_\_\_\_ ○

## RATE MY DAY

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

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

# SEPTEMBER | 07

## FOCUS

\_\_\_\_\_

## DAILY GOAL

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## TOP FIVE THINGS TO DO

01. \_\_\_\_\_ ○

02. \_\_\_\_\_ ○

03. \_\_\_\_\_ ○

04. \_\_\_\_\_ ○

05. \_\_\_\_\_ ○

## PLAN MY DAY

5AM \_\_\_\_\_ ○

6AM \_\_\_\_\_ ○

7AM \_\_\_\_\_ ○

8AM \_\_\_\_\_ ○

9AM \_\_\_\_\_ ○

10AM \_\_\_\_\_ ○

11AM \_\_\_\_\_ ○

12PM \_\_\_\_\_ ○

1PM \_\_\_\_\_ ○

2PM \_\_\_\_\_ ○

3PM \_\_\_\_\_ ○

4PM \_\_\_\_\_ ○

5PM \_\_\_\_\_ ○

6PM \_\_\_\_\_ ○

7PM \_\_\_\_\_ ○

8PM \_\_\_\_\_ ○

9PM \_\_\_\_\_ ○

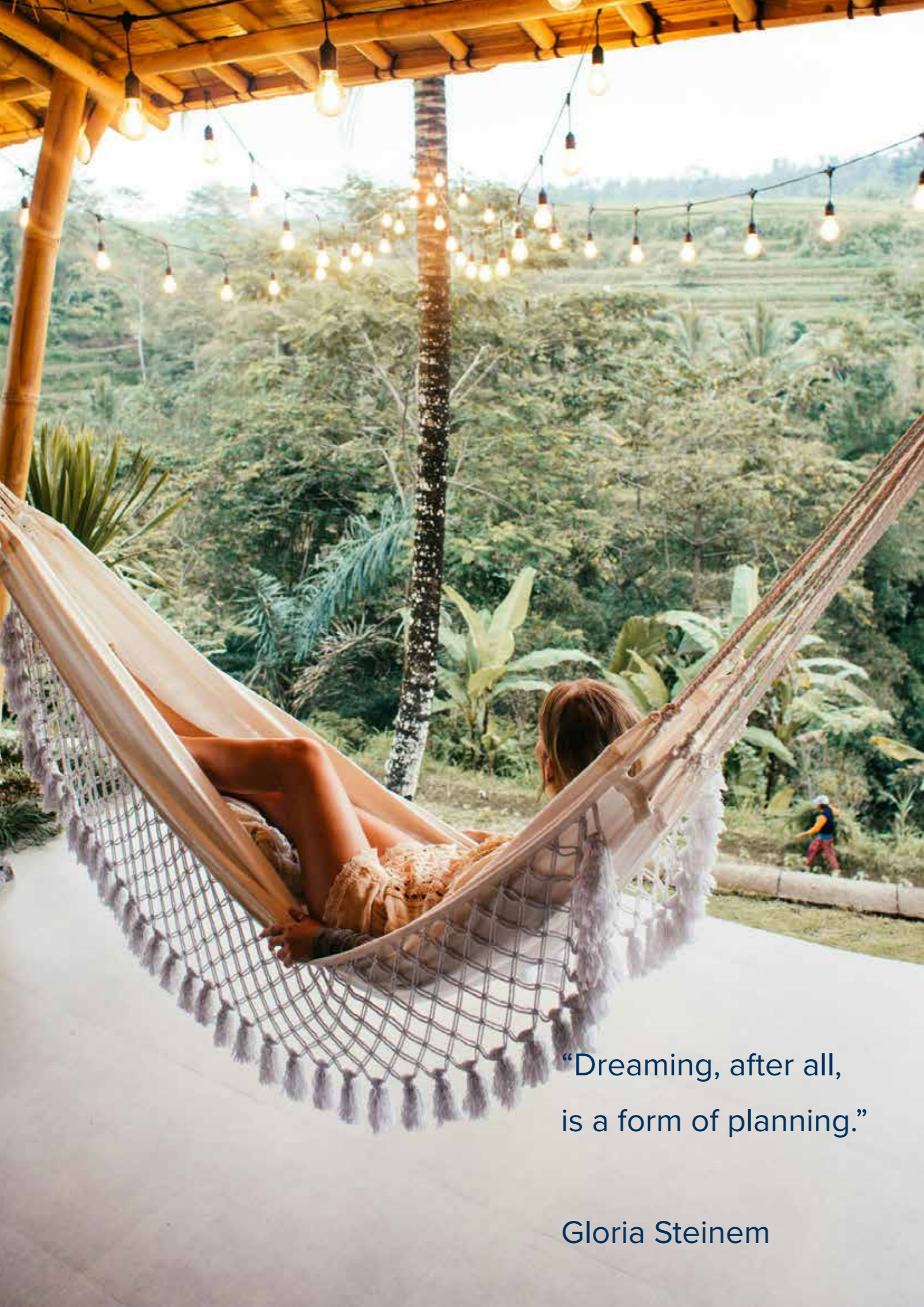
10PM \_\_\_\_\_ ○

11PM \_\_\_\_\_ ○

## RATE MY DAY

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





“Dreaming, after all,  
is a form of planning.”

Gloria Steinem

# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		
THURSDAY		<hr/> <hr/>
FRIDAY		<hr/> <hr/>
SATURDAY		<hr/> <hr/>

Notes



WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

FOCUS

\_\_\_\_\_

DAILY GOAL

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

TOP FIVE THINGS TO DO

- 01. \_\_\_\_\_ ○
- 02. \_\_\_\_\_ ○
- 03. \_\_\_\_\_ ○
- 04. \_\_\_\_\_ ○
- 05. \_\_\_\_\_ ○

PLAN MY DAY

- 5AM \_\_\_\_\_ ○
- 6AM \_\_\_\_\_ ○
- 7AM \_\_\_\_\_ ○
- 8AM \_\_\_\_\_ ○
- 9AM \_\_\_\_\_ ○
- 10AM \_\_\_\_\_ ○
- 11AM \_\_\_\_\_ ○
- 12PM \_\_\_\_\_ ○
- 1PM \_\_\_\_\_ ○
- 2PM \_\_\_\_\_ ○
- 3PM \_\_\_\_\_ ○
- 4PM \_\_\_\_\_ ○
- 5PM \_\_\_\_\_ ○
- 6PM \_\_\_\_\_ ○
- 7PM \_\_\_\_\_ ○
- 8PM \_\_\_\_\_ ○
- 9PM \_\_\_\_\_ ○
- 10PM \_\_\_\_\_ ○
- 11PM \_\_\_\_\_ ○

RATE MY DAY

- ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

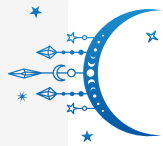


*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

FOCUS

TOP FIVE THINGS TO DO

- |       |           |                       |
|-------|-----------|-----------------------|
| _____ | 01. _____ | <input type="radio"/> |
| _____ | 02. _____ | <input type="radio"/> |
| _____ | 03. _____ | <input type="radio"/> |
| _____ | 04. _____ | <input type="radio"/> |
| _____ | 05. _____ | <input type="radio"/> |

PLAN MY DAY

- 5AM \_\_\_\_\_
- 6AM \_\_\_\_\_
- 7AM \_\_\_\_\_
- 8AM \_\_\_\_\_
- 9AM \_\_\_\_\_
- 10AM \_\_\_\_\_
- 11AM \_\_\_\_\_
- 12PM \_\_\_\_\_
- 1PM \_\_\_\_\_
- 2PM \_\_\_\_\_
- 3PM \_\_\_\_\_
- 4PM \_\_\_\_\_
- 5PM \_\_\_\_\_
- 6PM \_\_\_\_\_
- 7PM \_\_\_\_\_
- 8PM \_\_\_\_\_
- 9PM \_\_\_\_\_
- 10PM \_\_\_\_\_
- 11PM \_\_\_\_\_

RATE MY DAY

- 1  2  3  4  5  6  7  8  9  10



WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

# SEPTEMBER | 10

## FOCUS

\_\_\_\_\_

## TOP FIVE THINGS TO DO

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_
- 04. \_\_\_\_\_
- 05. \_\_\_\_\_

## DAILY GOAL

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## PLAN MY DAY

- 5AM \_\_\_\_\_
- 6AM \_\_\_\_\_
- 7AM \_\_\_\_\_
- 8AM \_\_\_\_\_
- 9AM \_\_\_\_\_
- 10AM \_\_\_\_\_
- 11AM \_\_\_\_\_
- 12PM \_\_\_\_\_
- 1PM \_\_\_\_\_
- 2PM \_\_\_\_\_
- 3PM \_\_\_\_\_
- 4PM \_\_\_\_\_
- 5PM \_\_\_\_\_
- 6PM \_\_\_\_\_
- 7PM \_\_\_\_\_
- 8PM \_\_\_\_\_
- 9PM \_\_\_\_\_
- 10PM \_\_\_\_\_
- 11PM \_\_\_\_\_

## RATE MY DAY

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

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

FOCUS

TOP FIVE THINGS TO DO

- |       |           |                       |
|-------|-----------|-----------------------|
| _____ | 01. _____ | <input type="radio"/> |
| _____ | 02. _____ | <input type="radio"/> |
| _____ | 03. _____ | <input type="radio"/> |
| _____ | 04. _____ | <input type="radio"/> |
| _____ | 05. _____ | <input type="radio"/> |

PLAN MY DAY

- 5AM \_\_\_\_\_
- 6AM \_\_\_\_\_
- 7AM \_\_\_\_\_
- 8AM \_\_\_\_\_
- 9AM \_\_\_\_\_
- 10AM \_\_\_\_\_
- 11AM \_\_\_\_\_
- 12PM \_\_\_\_\_
- 1PM \_\_\_\_\_
- 2PM \_\_\_\_\_
- 3PM \_\_\_\_\_
- 4PM \_\_\_\_\_
- 5PM \_\_\_\_\_
- 6PM \_\_\_\_\_
- 7PM \_\_\_\_\_
- 8PM \_\_\_\_\_
- 9PM \_\_\_\_\_
- 10PM \_\_\_\_\_
- 11PM \_\_\_\_\_

RATE MY DAY

- 1  2  3  4  5  6  7  8  9  10

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

# SEPTEMBER | 12

## FOCUS

\_\_\_\_\_

## DAILY GOAL

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## TOP FIVE THINGS TO DO

01. \_\_\_\_\_

02. \_\_\_\_\_

03. \_\_\_\_\_

04. \_\_\_\_\_

05. \_\_\_\_\_

## PLAN MY DAY

5AM \_\_\_\_\_

6AM \_\_\_\_\_

7AM \_\_\_\_\_

8AM \_\_\_\_\_

9AM \_\_\_\_\_

10AM \_\_\_\_\_

11AM \_\_\_\_\_

12PM \_\_\_\_\_

1PM \_\_\_\_\_

2PM \_\_\_\_\_

3PM \_\_\_\_\_

4PM \_\_\_\_\_

5PM \_\_\_\_\_

6PM \_\_\_\_\_

7PM \_\_\_\_\_

8PM \_\_\_\_\_

9PM \_\_\_\_\_

10PM \_\_\_\_\_

11PM \_\_\_\_\_

## RATE MY DAY

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

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

FOCUS

TOP FIVE THINGS TO DO

- |       |           |                          |
|-------|-----------|--------------------------|
| _____ | 01. _____ | <input type="checkbox"/> |
| _____ | 02. _____ | <input type="checkbox"/> |
| _____ | 03. _____ | <input type="checkbox"/> |
| _____ | 04. _____ | <input type="checkbox"/> |
| _____ | 05. _____ | <input type="checkbox"/> |

PLAN MY DAY

- 5AM \_\_\_\_\_
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RATE MY DAY

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

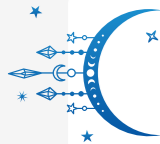


*I am grateful for ...*

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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

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*Three things that went well for me today ...*

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*What did I learn today ...*

- 01. \_\_\_\_\_
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TOP FIVE THINGS TO DO

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RATE MY DAY

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“I have learned over the years that when one’s mind is made up, this diminishes fear; knowing what must be done does away with fear.”

Rosa Parks

# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		Notes <hr/> <hr/>
THURSDAY		<hr/> <hr/>
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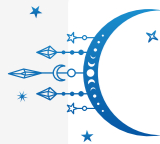


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FOCUS

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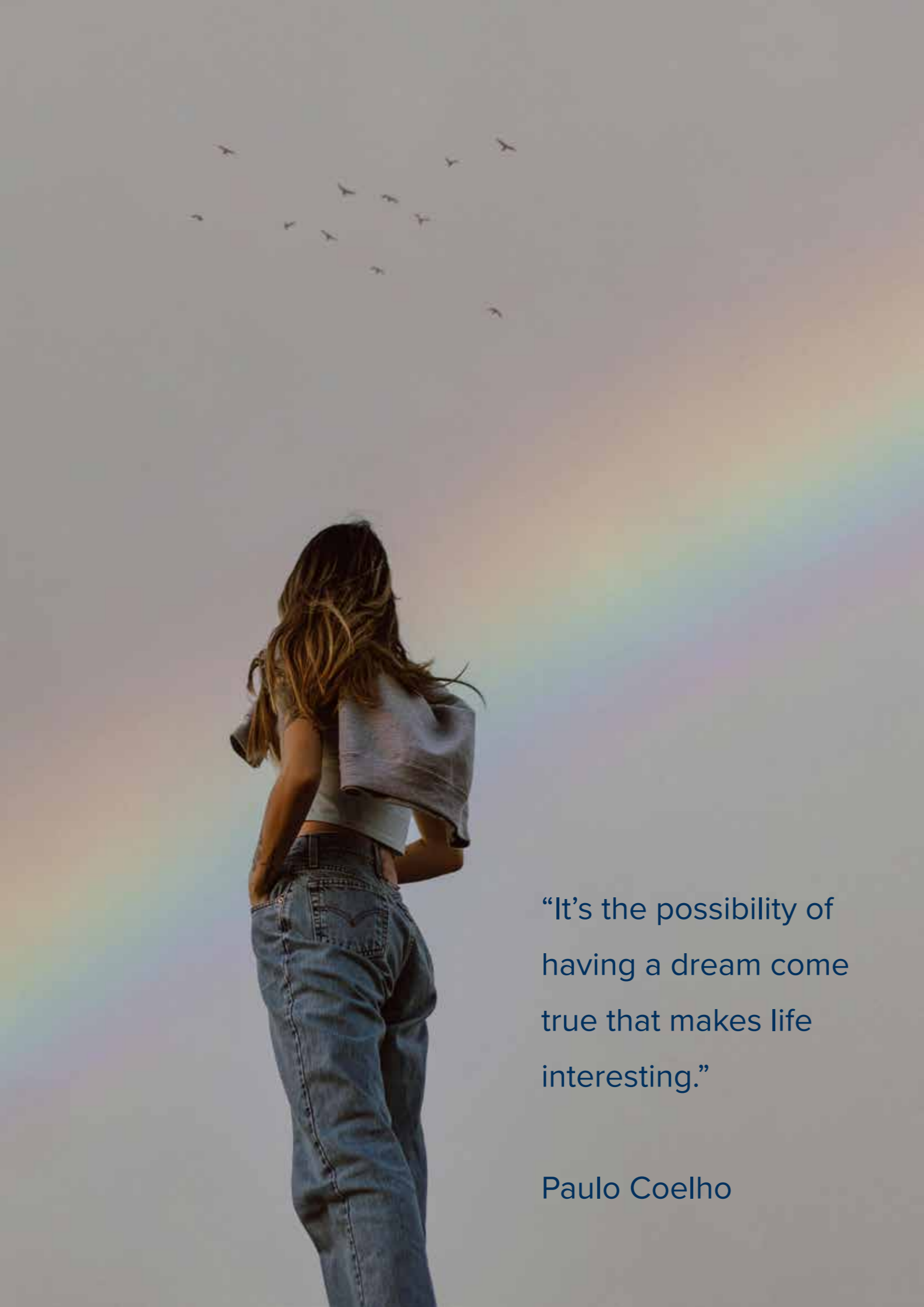
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RATE MY DAY

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“It’s the possibility of having a dream come true that makes life interesting.”

Paulo Coelho

# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
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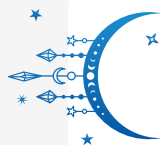


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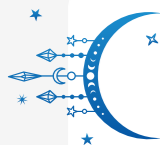


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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

FOCUS

TOP FIVE THINGS TO DO

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PLAN MY DAY

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RATE MY DAY

- 1  2  3  4  5  6  7  8  9  10

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

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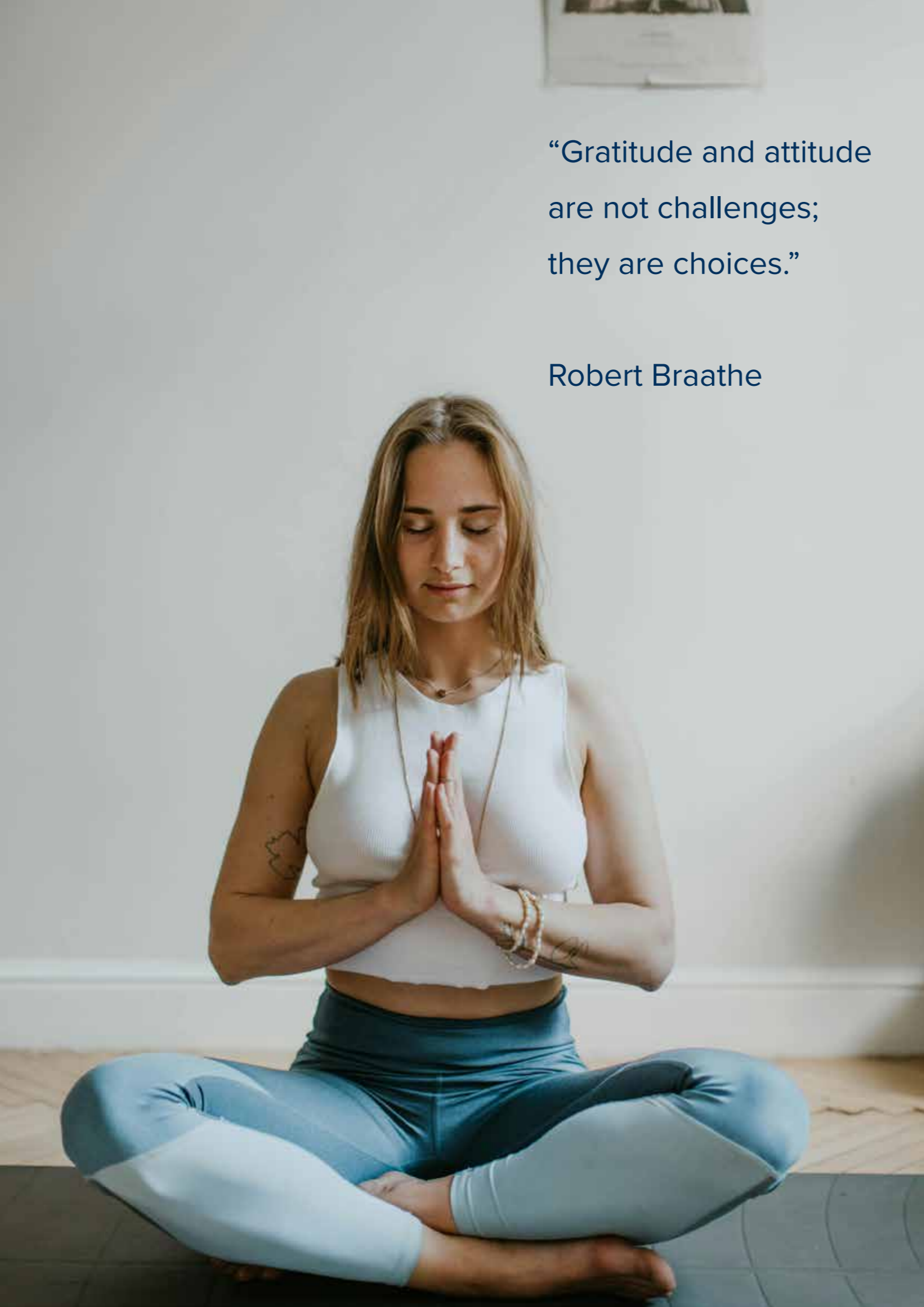
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RATE MY DAY

- 1  2  3  4  5  6  7  8  9  10



“Gratitude and attitude  
are not challenges;  
they are choices.”

Robert Braathe

# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		<hr/> <hr/> Notes
THURSDAY		<hr/> <hr/>
FRIDAY		<hr/> <hr/>
SATURDAY		<hr/> <hr/>

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FOCUS

\_\_\_\_\_

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- 02. \_\_\_\_\_ ○
- 03. \_\_\_\_\_ ○
- 04. \_\_\_\_\_ ○
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DAILY GOAL

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PLAN MY DAY

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RATE MY DAY

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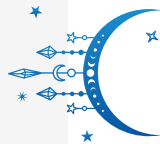


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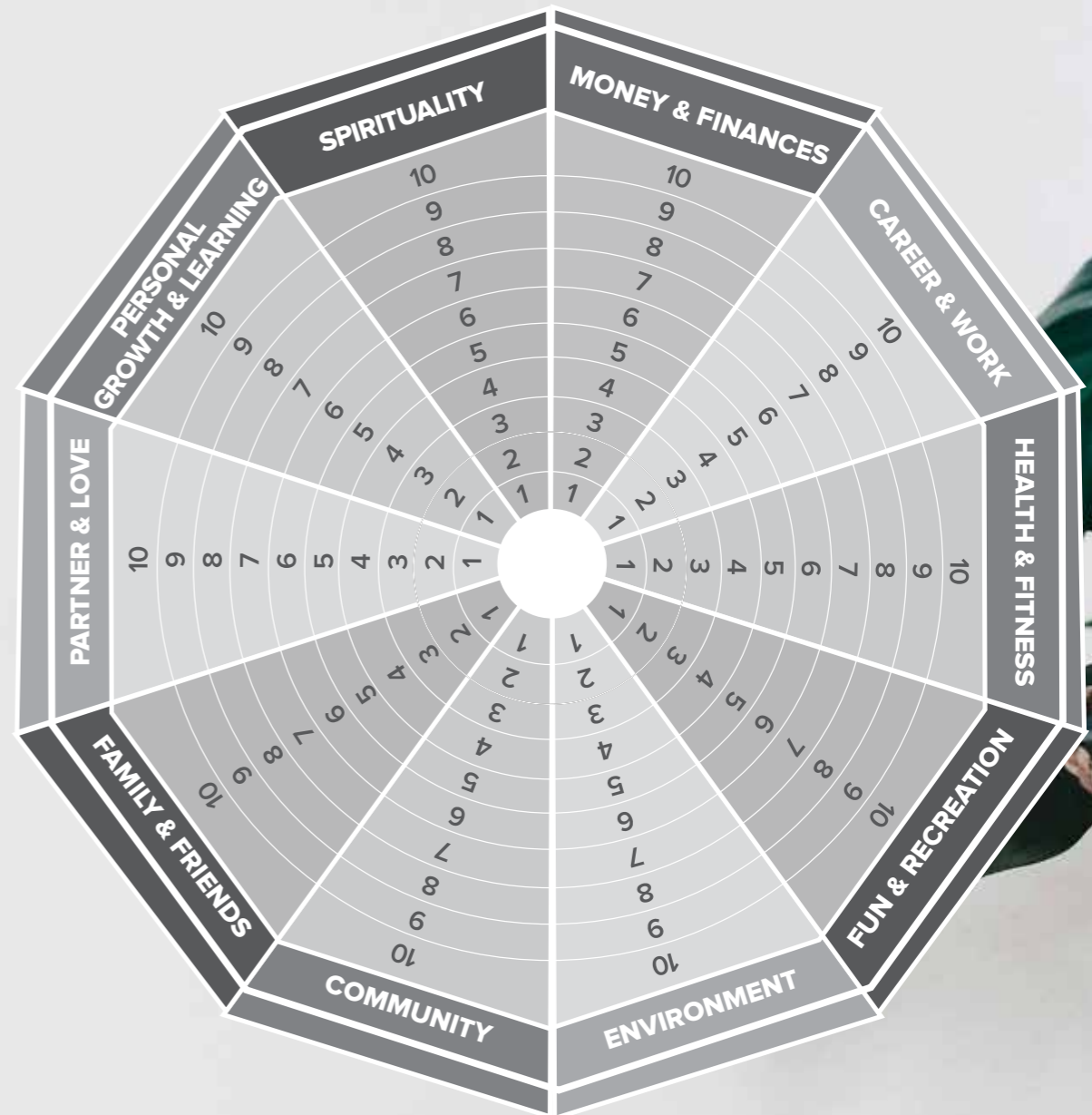
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# The Wheel of Life Check-in

It's time to complete another Wheel of Life to track your progress and satisfaction after nine months.

It's important to compare this new web with the web you created three months ago.



## HOW TO USE THE WHEEL OF LIFE?

Score each category by drawing a line through each section. Please note 1 is not satisfied at all and 10 is fully satisfied.

Once you have answered all sections and created a web-style drawing, ask yourself the following questions:

When you look at the shape of the wheel, how do you feel?

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# The Wheel of Life

How would you like to change the shape of the inner wheel?

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What surprises you the most?

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What would a score of 10 look and feel like?

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Which category would you most like to improve?

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---

What category would you most like to start with?

---

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---

At present, how do you spend time in each area?

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What do you need to improve the score in each area?

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What small steps would have the most significant impact on your satisfaction?

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---

Could a single action improve more than one area?

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## Quarterly goals

It's time to set your goals for the next three months. You can list goals that you are still working towards from the last quarter or if you have achieved them – amazing work! It's time to set some new ones.



Top three things I hope to achieve in the next three months ...

01. \_\_\_\_\_

02. \_\_\_\_\_

03. \_\_\_\_\_

How will I achieve these goals?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Are there any major challenges that could arise in this quarter? If so, what?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How will I overcome these challenges?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

In the next quarter, I would like my complementary therapies business to earn \$...

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What goals am I focusing on for the next quarter?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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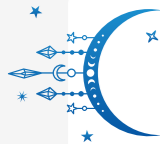


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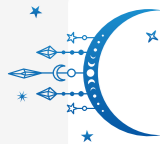


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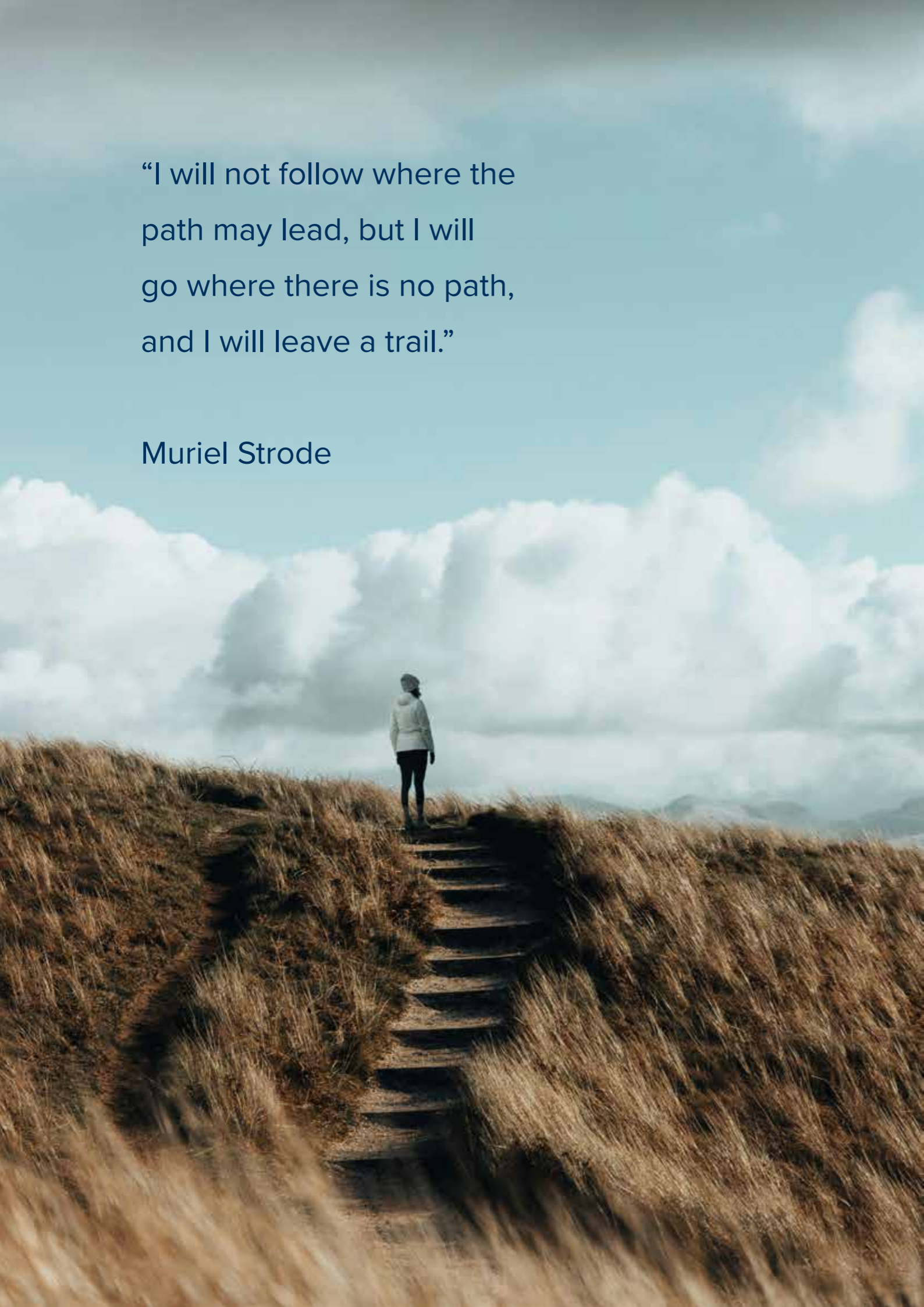
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RATE MY DAY

- 1  2  3  4  5  6  7  8  9  10



“I will not follow where the path may lead, but I will go where there is no path, and I will leave a trail.”

Muriel Strode



# Self-care Tracker

SUNDAY	SELF-CARE GOALS	Action Steps
		_____
		_____
MONDAY	SELF-CARE GOALS	_____
		_____
		_____
TUESDAY	SELF-CARE GOALS	_____
		_____
		_____
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		_____
		_____
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- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
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FOCUS

TOP FIVE THINGS TO DO

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PLAN MY DAY

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RATE MY DAY

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

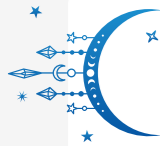


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RATE MY DAY

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“Very often a change of self is needed more than a change of scene.”

A. C. Benson

# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		Notes <hr/> <hr/>
THURSDAY		<hr/> <hr/>
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RATE MY DAY

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“Do the best you can  
until you know better.  
Then when you know  
better, do better.”

Maya Angelou

# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
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DAILY GOAL

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TOP FIVE THINGS TO DO

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PLAN MY DAY

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RATE MY DAY

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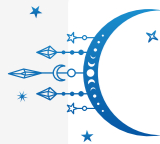


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RATE MY DAY

- 1  2  3  4  5  6  7  8  9  10

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

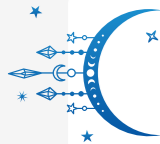


*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
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FOCUS

TOP FIVE THINGS TO DO

- |       |           |                       |
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PLAN MY DAY

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RATE MY DAY

- 1  2  3  4  5  6  7  8  9  10

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- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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FOCUS

TOP FIVE THINGS TO DO

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RATE MY DAY

- 1  2  3  4  5  6  7  8  9  10



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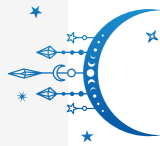


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*What did I learn today ...*

- 01. \_\_\_\_\_
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FOCUS

TOP FIVE THINGS TO DO

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PLAN MY DAY

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RATE MY DAY

- 1  2  3  4  5  6  7  8  9  10

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PLAN MY DAY

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RATE MY DAY

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“There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self.”

Ernest Hemingway



# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		<hr/> <hr/> Notes
THURSDAY		<hr/> <hr/>
FRIDAY		<hr/> <hr/>
SATURDAY		<hr/> <hr/>

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



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RATE MY DAY

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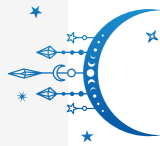


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RATE MY DAY

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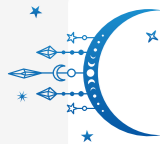


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FOCUS

TOP FIVE THINGS TO DO

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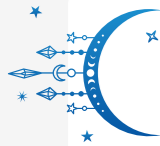


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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

# NOVEMBER | 01

## FOCUS

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## DAILY GOAL

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## TOP FIVE THINGS TO DO

01. \_\_\_\_\_ ○

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## PLAN MY DAY

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## RATE MY DAY

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- ⑨
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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**FOCUS**

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**DAILY GOAL**

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**TOP FIVE THINGS TO DO**

01. \_\_\_\_\_ ○

02. \_\_\_\_\_ ○

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**PLAN MY DAY**

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**RATE MY DAY**

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- ⑩

“Stay afraid, but do it anyway.  
What’s important is the action.  
You don’t have to wait to be  
confident. Just do it and eventually  
the confidence will follow.”

Carrie Fisher

# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		Notes
THURSDAY		<hr/> <hr/>
FRIDAY		<hr/> <hr/>
SATURDAY		<hr/> <hr/>



WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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# NOVEMBER | 03

## FOCUS

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## DAILY GOAL

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## TOP FIVE THINGS TO DO

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## PLAN MY DAY

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## RATE MY DAY

- 1
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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



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- 01. \_\_\_\_\_
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- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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# NOVEMBER | 04

## FOCUS

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## DAILY GOAL

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## TOP FIVE THINGS TO DO

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## PLAN MY DAY

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## RATE MY DAY

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- ⑩

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**FOCUS**

\_\_\_\_\_

**TOP FIVE THINGS TO DO**

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_
- 04. \_\_\_\_\_
- 05. \_\_\_\_\_

**DAILY GOAL**

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**PLAN MY DAY**

- 5AM \_\_\_\_\_
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**RATE MY DAY**

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- 02. \_\_\_\_\_
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**FOCUS**

**TOP FIVE THINGS TO DO**

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| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
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| _____             | <b>04.</b> _____ | <input type="radio"/> |
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**PLAN MY DAY**

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**RATE MY DAY**

- 1  2  3  4  5  6  7  8  9  10

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

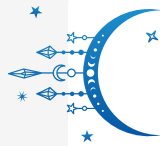


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**FOCUS**

**TOP FIVE THINGS TO DO**

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| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
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**PLAN MY DAY**

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- 1  2  3  4  5  6  7  8  9  10

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**RATE MY DAY**

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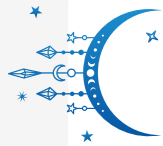


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**FOCUS**

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| _____             | <b>05.</b> _____ | <input type="checkbox"/> |

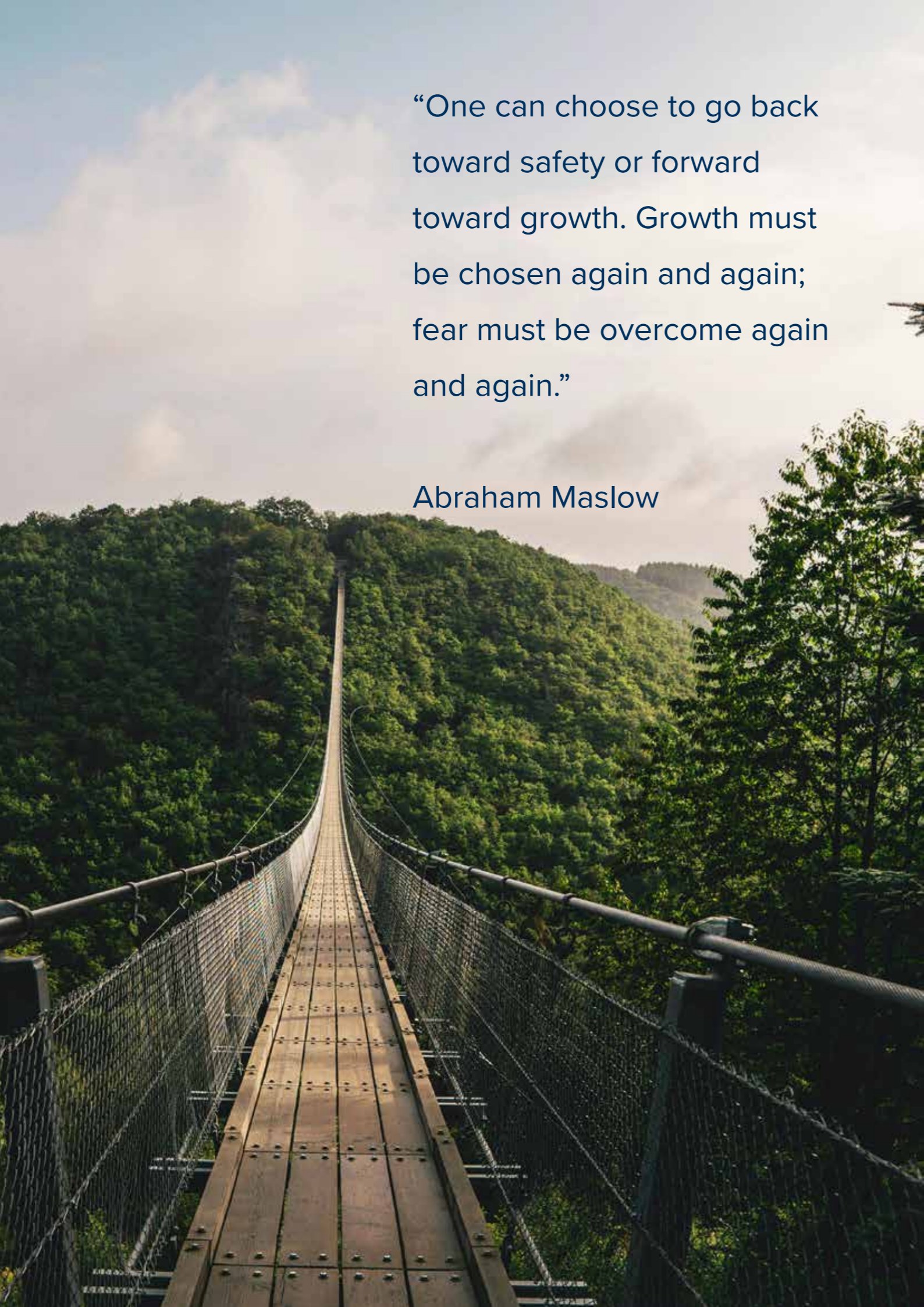
**PLAN MY DAY**

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**RATE MY DAY**

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“One can choose to go back toward safety or forward toward growth. Growth must be chosen again and again; fear must be overcome again and again.”

Abraham Maslow



# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		Notes <hr/> <hr/>
THURSDAY		<hr/> <hr/>
FRIDAY		<hr/> <hr/>
SATURDAY		<hr/> <hr/>

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

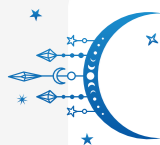


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**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
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| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
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**RATE MY DAY**

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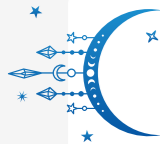


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**FOCUS**

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**PLAN MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

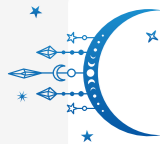


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**FOCUS**

**TOP FIVE THINGS TO DO**

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|-------------------|------------------|--------------------------|
| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
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**FOCUS**

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| _____             | <b>01.</b> _____ | <input type="radio"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="radio"/> |
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**RATE MY DAY**

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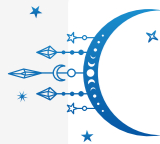


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**PLAN MY DAY**

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

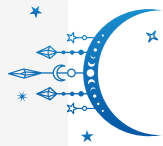


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**FOCUS**

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**TOP FIVE THINGS TO DO**

01. \_\_\_\_\_ ○

**DAILY GOAL**

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**PLAN MY DAY**

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**RATE MY DAY**

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**FOCUS**

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**RATE MY DAY**

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“We can’t become what we need to be by remaining what we are.”

Oprah Winfrey

# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		Notes <hr/> <hr/>
THURSDAY		<hr/> <hr/>
FRIDAY		<hr/> <hr/>
SATURDAY		<hr/> <hr/>

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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**FOCUS**

**TOP FIVE THINGS TO DO**

- |                   |                  |                          |
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| _____             | <b>01.</b> _____ | <input type="checkbox"/> |
| <b>DAILY GOAL</b> | <b>02.</b> _____ | <input type="checkbox"/> |
| _____             | <b>03.</b> _____ | <input type="checkbox"/> |
| _____             | <b>04.</b> _____ | <input type="checkbox"/> |
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**PLAN MY DAY**

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**RATE MY DAY**

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**FOCUS**

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**TOP FIVE THINGS TO DO**

- 01. \_\_\_\_\_
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**DAILY GOAL**

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**PLAN MY DAY**

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**RATE MY DAY**

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

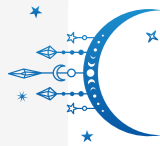


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**FOCUS**

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**DAILY GOAL**

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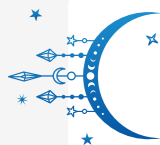


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**FOCUS**

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**TOP FIVE THINGS TO DO**

01. \_\_\_\_\_ ○

**DAILY GOAL**

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02. \_\_\_\_\_ ○

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**RATE MY DAY**

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| _____             | <b>05.</b> _____ | <input type="radio"/> |

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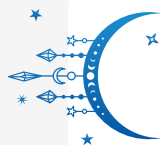


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FOCUS

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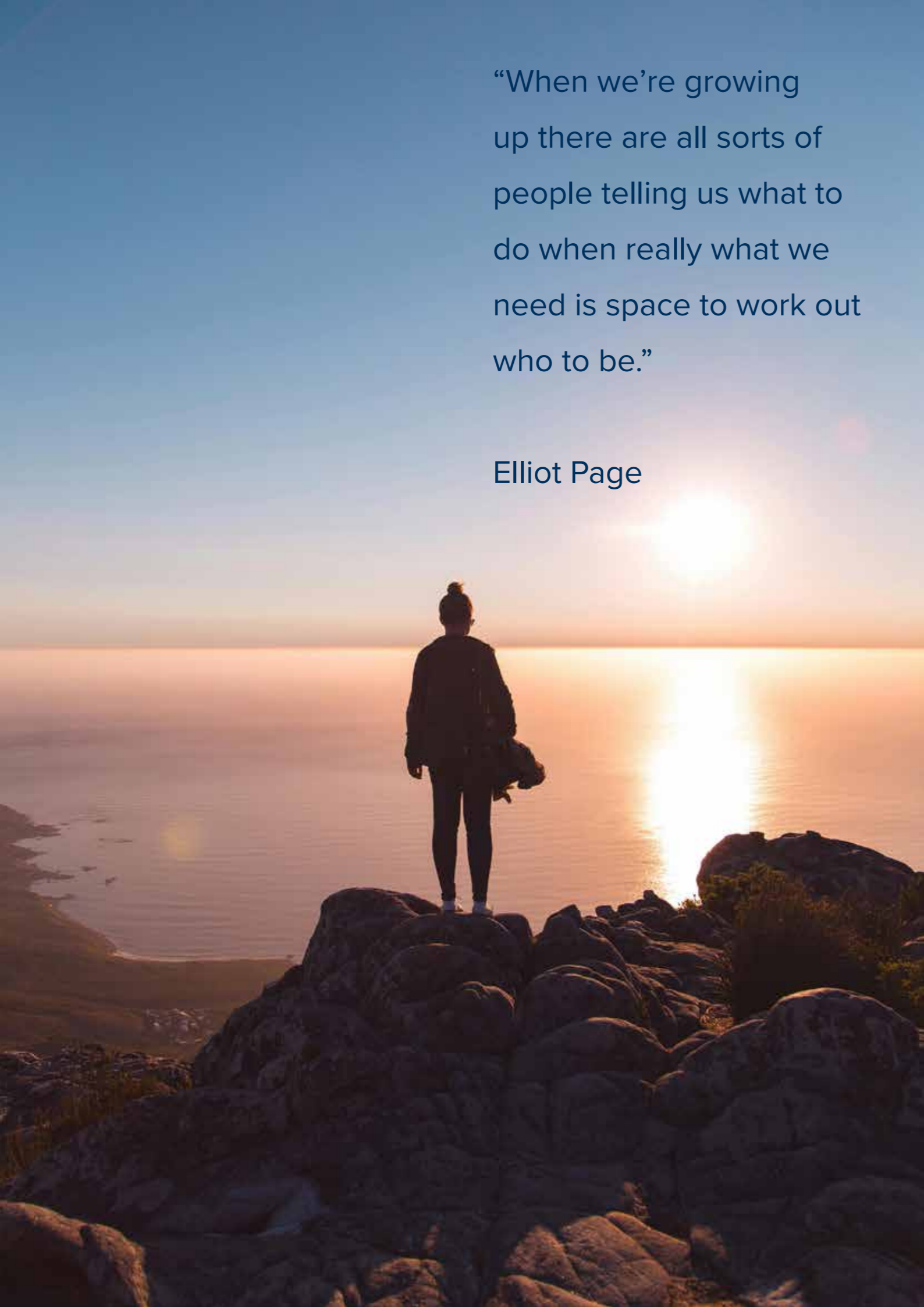
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RATE MY DAY

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“When we’re growing up there are all sorts of people telling us what to do when really what we need is space to work out who to be.”

Elliot Page



# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		Notes <hr/> <hr/>
THURSDAY		<hr/> <hr/>
FRIDAY		<hr/> <hr/>
SATURDAY		<hr/> <hr/>

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**FOCUS**

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**DAILY GOAL**

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**TOP FIVE THINGS TO DO**

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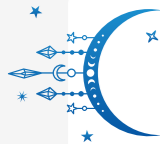


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**DAILY GOAL**

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**FOCUS**

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**DAILY GOAL**

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FOCUS

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

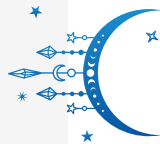


*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

**FOCUS**

\_\_\_\_\_

**DAILY GOAL**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**TOP FIVE THINGS TO DO**

01. \_\_\_\_\_ ○

02. \_\_\_\_\_ ○

03. \_\_\_\_\_ ○

04. \_\_\_\_\_ ○

05. \_\_\_\_\_ ○

**PLAN MY DAY**

5AM \_\_\_\_\_ ○

6AM \_\_\_\_\_ ○

7AM \_\_\_\_\_ ○

8AM \_\_\_\_\_ ○

9AM \_\_\_\_\_ ○

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**RATE MY DAY**

- ①
- ②
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- ④
- ⑤
- ⑥
- ⑦
- ⑧
- ⑨
- ⑩



“If there is no struggle,  
there is no progress.”

Frederick Douglass

# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/> <hr/>
MONDAY		<hr/> <hr/> <hr/>
TUESDAY		<hr/> <hr/> <hr/>
WEDNESDAY		Notes <hr/> <hr/> <hr/>
THURSDAY		<hr/> <hr/> <hr/>
FRIDAY		<hr/> <hr/> <hr/>
SATURDAY		<hr/> <hr/> <hr/>

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



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- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

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*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

# DECEMBER | 01

## FOCUS

\_\_\_\_\_

## DAILY GOAL

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## TOP FIVE THINGS TO DO

01. \_\_\_\_\_ ○

02. \_\_\_\_\_ ○

03. \_\_\_\_\_ ○

04. \_\_\_\_\_ ○

05. \_\_\_\_\_ ○

## PLAN MY DAY

5AM \_\_\_\_\_ ○

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9AM \_\_\_\_\_ ○

10AM \_\_\_\_\_ ○

11AM \_\_\_\_\_ ○

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10PM \_\_\_\_\_ ○

11PM \_\_\_\_\_ ○

## RATE MY DAY

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- ②
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- ⑤
- ⑥
- ⑦
- ⑧
- ⑨
- ⑩

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



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- 03. \_\_\_\_\_

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- 02. \_\_\_\_\_
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*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
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*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

FOCUS

TOP FIVE THINGS TO DO

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PLAN MY DAY

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- 10PM \_\_\_\_\_
- 11PM \_\_\_\_\_

RATE MY DAY

- 1  2  3  4  5  6  7  8  9  10

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- 01. \_\_\_\_\_
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PLAN MY DAY

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RATE MY DAY

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- 10

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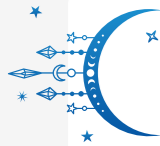


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- 03. \_\_\_\_\_

**FOCUS**

\_\_\_\_\_

**DAILY GOAL**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**TOP FIVE THINGS TO DO**

01. \_\_\_\_\_

02. \_\_\_\_\_

03. \_\_\_\_\_

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05. \_\_\_\_\_

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**RATE MY DAY**

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- 10

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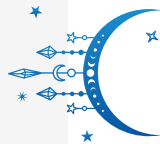


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FOCUS

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PLAN MY DAY

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RATE MY DAY

- 1  2  3  4  5  6  7  8  9  10



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FOCUS

TOP FIVE THINGS TO DO

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PLAN MY DAY

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RATE MY DAY

- 1  2  3  4  5  6  7  8  9  10



“Permit yourself to change your mind when something is no longer working for you.”

Nedra Glover Tawwab

# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/> <hr/>
MONDAY		<hr/> <hr/> <hr/>
TUESDAY		<hr/> <hr/> <hr/>
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		

Notes

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FOCUS

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PLAN MY DAY

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RATE MY DAY

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FOCUS

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PLAN MY DAY

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PLAN MY DAY

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RATE MY DAY

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WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?

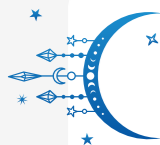


*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
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FOCUS

TOP FIVE THINGS TO DO

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RATE MY DAY

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“People who are crazy enough to think they can change the world are the ones who do.”

Rob Siltanen



# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		Notes <hr/> <hr/>
THURSDAY		<hr/> <hr/>
FRIDAY		<hr/> <hr/>
SATURDAY		<hr/> <hr/>

WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



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- 02. \_\_\_\_\_
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- 01. \_\_\_\_\_
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FOCUS

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**FOCUS**

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**DAILY GOAL**

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**TOP FIVE THINGS TO DO**

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**PLAN MY DAY**

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**RATE MY DAY**

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**FOCUS**

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**DAILY GOAL**

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FOCUS

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DAILY GOAL

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TOP FIVE THINGS TO DO

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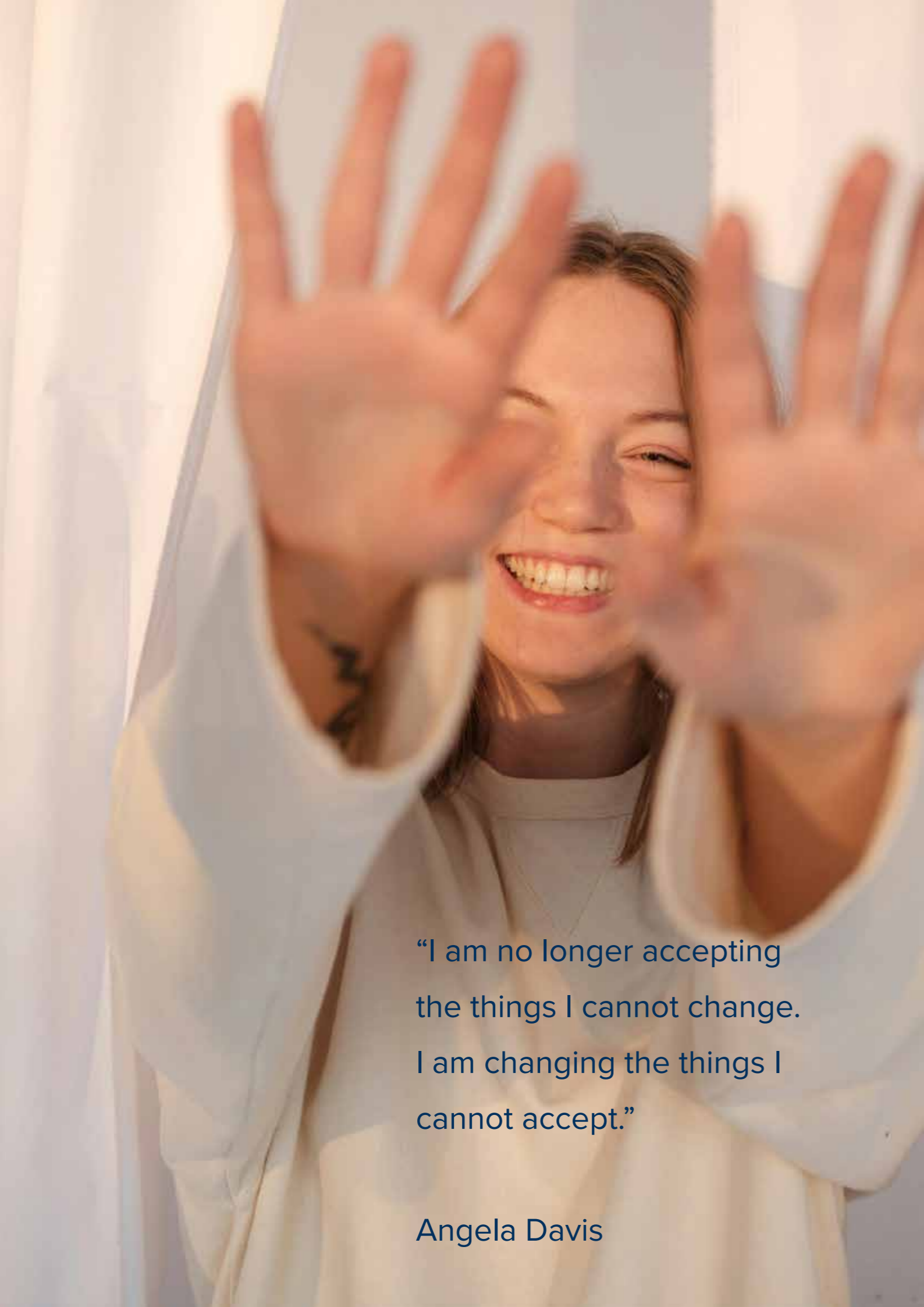
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RATE MY DAY

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“I am no longer accepting  
the things I cannot change.  
I am changing the things I  
cannot accept.”

Angela Davis

# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		<hr/> <hr/> Notes
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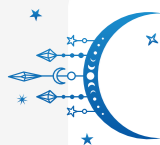


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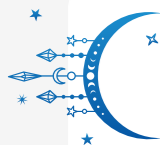


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- 6
- 7
- 8
- 9
- 10



WHAT ARE THREE THINGS THAT YOU CAN BE GRATEFUL FOR TODAY?



*I am grateful for ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*My goals for today are ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_



*Three things that went well for me today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

*What did I learn today ...*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_

FOCUS

TOP FIVE THINGS TO DO

- |       |           |                          |
|-------|-----------|--------------------------|
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| _____ | 02. _____ | <input type="checkbox"/> |
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PLAN MY DAY

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RATE MY DAY

- 1  2  3  4  5  6  7  8  9  10

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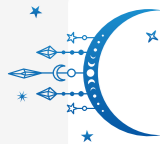


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RATE MY DAY

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“What you do makes a difference, and you have to decide what kind of difference you want to make.”

Jane Goodall

# Self-care Tracker

	SELF-CARE GOALS	Action Steps
SUNDAY		<hr/> <hr/>
MONDAY		<hr/> <hr/>
TUESDAY		<hr/> <hr/>
WEDNESDAY		Notes <hr/> <hr/>
THURSDAY		<hr/> <hr/>
FRIDAY		<hr/> <hr/>
SATURDAY		<hr/> <hr/>

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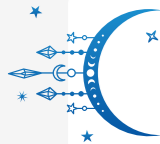


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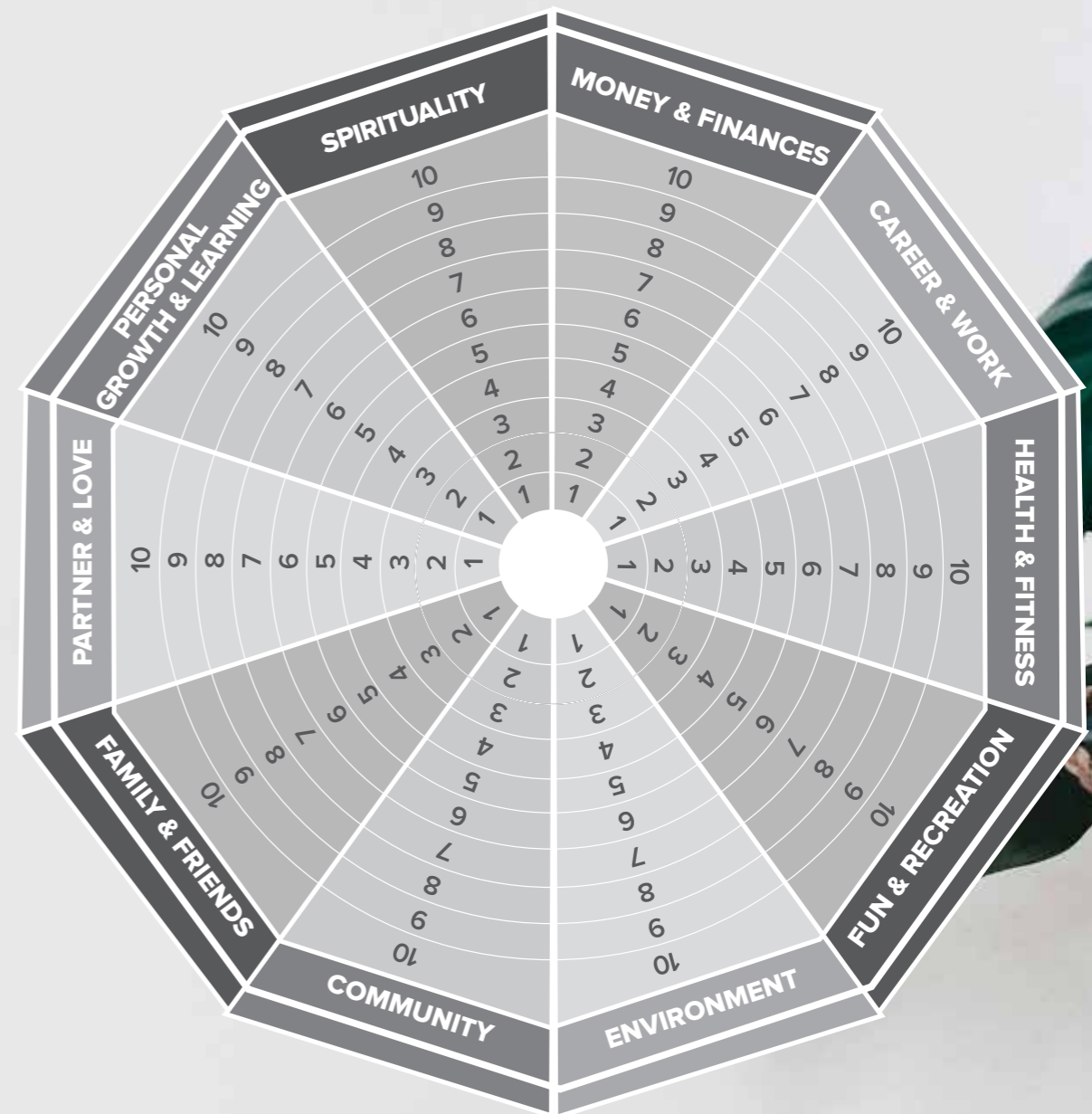
- 1  2  3  4  5  6  7  8  9  10



# The Wheel of Life Check-in

It's time to complete another Wheel of Life to track your progress and satisfaction after twelve months.

It's important to compare this new web with the web you created three months ago.



## HOW TO USE THE WHEEL OF LIFE?

Score each category by drawing a line through each section. Please note 1 is not satisfied at all and 10 is fully satisfied.

Once you have answered all sections and created a web-style drawing, ask yourself the following questions:

When you look at the shape of the wheel, how do you feel?

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# The Wheel of Life

How would you like to change the shape of the inner wheel?

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What surprises you the most?

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What would a score of 10 look and feel like?

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Which category would you most like to improve?

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What category would you most like to start with?

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At present, how do you spend time in each area?

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What do you need to improve the score in each area?

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What small steps would have the most significant impact on your satisfaction?

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Could a single action improve more than one area?

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## *Lawrence's top three books of influence*



Lawrence admits to an insatiable thirst for knowledge. In a perpetual state of learning, he reads somewhere between 50 to 100 books a year. Lawrence recommends these three reads for 2025:

### **THINK AND GROW RICH - Napoleon Hill**

“My dad introduced me to Think and Grow Rich by Napoleon Hill when I was a teenager. Even though the book was written in 1937, the details still ring true today. With a strong focus on personal development and self-improvement, it’s a timeless read that should be on every bookshelf.”

### **GET EVERYTHING YOU CAN OUT OF ALL YOU’VE GOT - Jay Abraham**

“Get Everything You Can Out of All You’ve Got by Jay Abraham is a fantastic book for anybody who is in business. It teaches how to look outside the box with your thinking and view things from many different directions simultaneously.”

### **TRACTION - Gino Wickman**

“For general strategy, Traction by Gino Wickman is like a blueprint for business success. It takes you through all the different aspects from being a solo person in terms of business and then scaling it to growing a team. It’s a very holistic approach to business and covers pretty much every possible vantage point to grow and scale your business. Its wisdom applies to anyone in the natural therapy space.”











**International Institute for  
Complementary Therapists**

*The Natural Choice for Therapists*