

# Holistic Wellness Habit Tracker

week:

HABIT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

WEEK

HABIT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY



# Daily Self-Care Journal

Date:

S M T W T F S

## Positive Things To Do


## Goals for My Body

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## Goals for My Mind

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## My Daily Meal Plan

Breakfast

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Lunch

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Dinner












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*a little bit of gratitude*

A series of 14 horizontal bars for writing, alternating in color between white, light pink, and medium pink. The bars are arranged in a repeating pattern of white, light pink, and medium pink, with the final bar being light pink.

# Overcoming Self-Limiting Beliefs Tracker

self-limiting belief

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# Productivity & Balance: Weekly Planner

WEEK:

**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

**SUN**

## COMPLETED

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- \_\_\_\_\_
- \_\_\_\_\_

## HABITS TRACKER

Habit

**M T W T F S S**

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## TO-DO LIST

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## NOTES

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# Monthly Mood Tracker

Mood Today



M

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W

T

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Notes