

DAILY GRATITUDE

/ /

TODAY I'M FEELING



POSITIVE AFFIRMATIONS

TODAY I'M GRATEFUL FOR

1
2
3



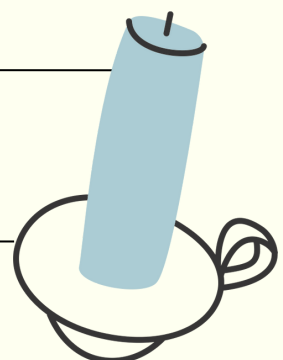
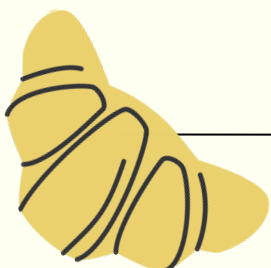
SOMETHING I'M PROUD OF

MORE OF THIS:

LESS OF THIS:

MY FAVOURITE MOMENT OF THE DAY

TOMORROW I LOOK FORWARD TO





Sunday

What are 3 new things you'd like to try or learn more about?

Monday
What are 10 words that describe your personality?



Tuesday

What are 5 of your boundaries?

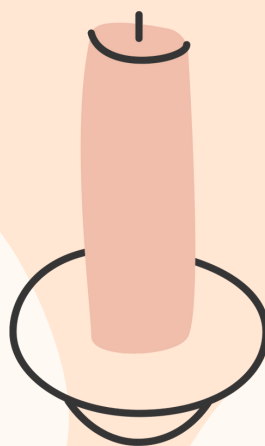


7 Days Of Journal Prompts

Saturday
What are 5 qualities you admire in other people?

Wednesday
What are 10 things you're passionate about?

Friday
What are 3 things you'd like to improve about yourself?



Thursday
What are 5 of your unique superpowers?





30 Day Self-Care Challenge



<input type="checkbox"/> Stretch for 20 min	<input type="checkbox"/> Drink tea and read a book	<input type="checkbox"/> Go for a walk in nature	<input type="checkbox"/> Eat your favourite treat	<input type="checkbox"/> Go to bed early
<input type="checkbox"/> Listen to your favourite song	<input type="checkbox"/> Do a healthy meal prep	<input type="checkbox"/> Take a hot bath	<input type="checkbox"/> Cook your favourite meal	<input type="checkbox"/> Practice yoga
<input type="checkbox"/> Go on a solo date	<input type="checkbox"/> Journal for 20 min	<input type="checkbox"/> Give yourself a facial	<input type="checkbox"/> Make some art	<input type="checkbox"/> Try a DIY Project
<input type="checkbox"/> Watch the sunrise	<input type="checkbox"/> Read a book	<input type="checkbox"/> Explore somewhere new	<input type="checkbox"/> Watch your favourite movie	<input type="checkbox"/> Give yourself a manicure
<input type="checkbox"/> Sit in the sun for 20 min	<input type="checkbox"/> Go for a long walk	<input type="checkbox"/> Write out your goals	<input type="checkbox"/> Organise your closet	<input type="checkbox"/> Watch the sunset
<input type="checkbox"/> Meditate for 10 min	<input type="checkbox"/> Learn a new skill	<input type="checkbox"/> Call a friend	<input type="checkbox"/> Make a gratitude list	<input type="checkbox"/> Go see a movie

MOOD TRACKER

MONTH: MAY



1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31					

notes:





angry


sad


happy


productive


sick/ tired


neutral

AFFIRMATIONS -

Print and cut out, keep in your handbag,
mirror or planner as a reminder!

note to self:

I have everything I need
to be happy right now

note to self:

I welcome change into
my life and trust it to lead
me to the person I want
to become

note to self:

I accept and let go of
things I can't control and
focus my energy on the
things that I can

note to self:

My value is not determined by
productivity. Even if I accomplish
nothing today, I am worthy and
loved simply for being me