



SILK AND SONDER

Printables



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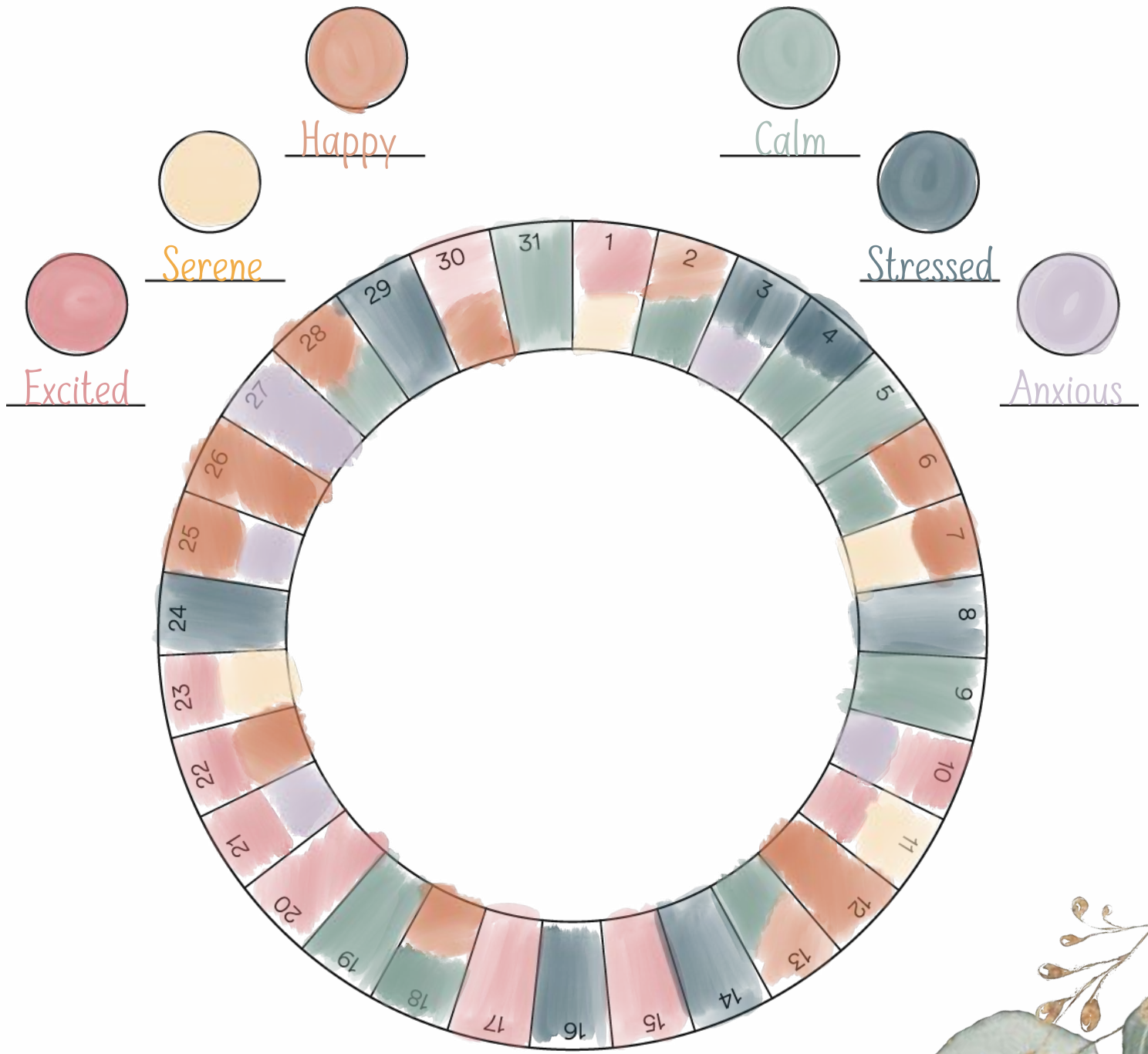
Mood Tracker

Gain awareness of what emotions show up consistently for you and find patterns of when you're feeling great and when you're not. Write down six moods you want to start tracking daily. Record the most dominant mood you felt that day, or shade in a few throughout the day.

The mood tracker consists of a central circular calendar with 31 numbered segments, starting from 1 at the top and ending at 31 at the top. Surrounding the calendar are six empty circles, each connected to the center by a horizontal line. These circles are intended for users to write down the names of six moods they wish to track throughout the month.

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Habit Tracker

The habit tracker empowers you to build long-lasting positive habits. Select 7 habits you would like to integrate or maintain into your daily routine. Mark off the box for each habit for every day you complete them. At the end of the month, assess which practices were challenging and which were a breeze!

HABITS THIS MONTH

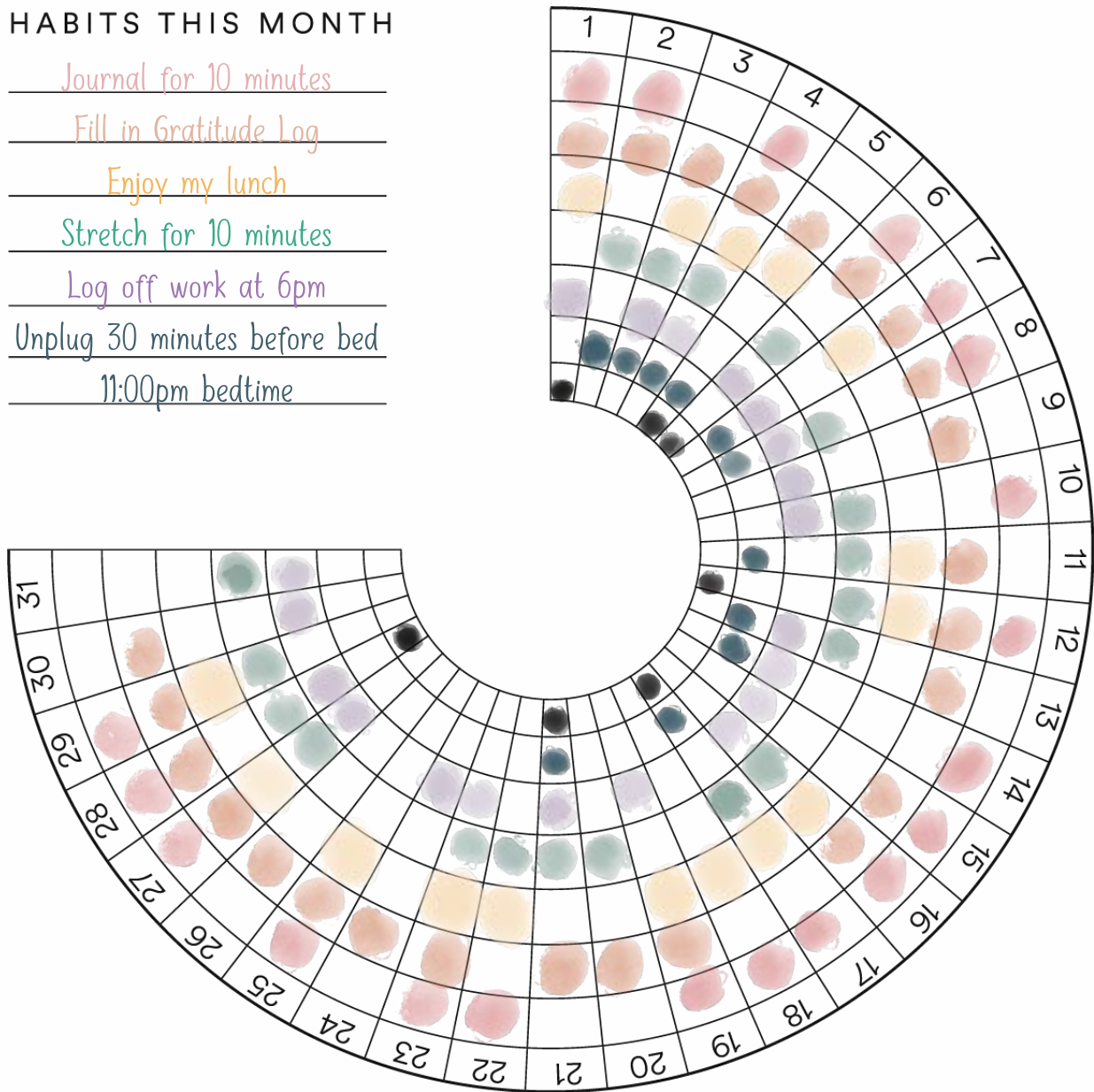
A semi-circular habit tracker grid. The outer edge is numbered from 1 to 31, representing the days of the month. The grid consists of 7 rows, corresponding to the habits listed on the left. Each cell in the grid is a small square for marking completion.

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HABITS THIS MONTH

- Journal for 10 minutes
- Fill in Gratitude Log
- Enjoy my lunch
- Stretch for 10 minutes
- Log off work at 6pm
- Unplug 30 minutes before bed
- 11:00pm bedtime





Self-Care Bingo

Every time you complete a self-care activity on the board, mark off the square!

READ A BOOK	EXERCISED	LEARNED A NEW CRAFT	MADE COOKIES	MADE A PLAYLIST
WATCHED A MOVIE	TURNED OFF MY PHONE	TOOK 5 DEEP BREATHS	MADE MY FAVORITE DRINK	STARTED A NEW TV SHOW
WORE MY FAVORITE OUTFIT	TRIED A NEW RECIPE	FREE	TOOK UP A NEW HOBBY	CALLED UP AN OLD FRIEND
WROTE IN MY JOURNAL	WENT TO A EXHIBIT	LISTENED TO A PODCAST	WROTE AN AFFIRMATION	MEDITATED
RE-ORGANIZED	TOOK A BATH	LIT CANDLES	USED A FACE MASK	TOOK THE DAY OFF SOCIAL MEDIA

What our members have to say

“ Since I’ve started my S+S journey, I’ve noticed I feel more calm and centered. Thank you for providing such a safe, happy, and inviting space of positivity and support!

Ashley

Can't Wait To Meet You!

Get started today at [silkandsonder.com](https://www.silkandsonder.com). Want more? Scan the QR code to download our app!

