



Weekly Habits and Gratitude Tracker



One day, one step, one goal, one change at a time!

How I am Feeling Today



Mood Drawing

Things I am Grateful For Today

Habit Tracker

	Yes	No
	☐	☐
	☐	☐
	☐	☐
	☐	☐
	☐	☐

Daily Affirmations

Things that Make Me Smile

Notes

