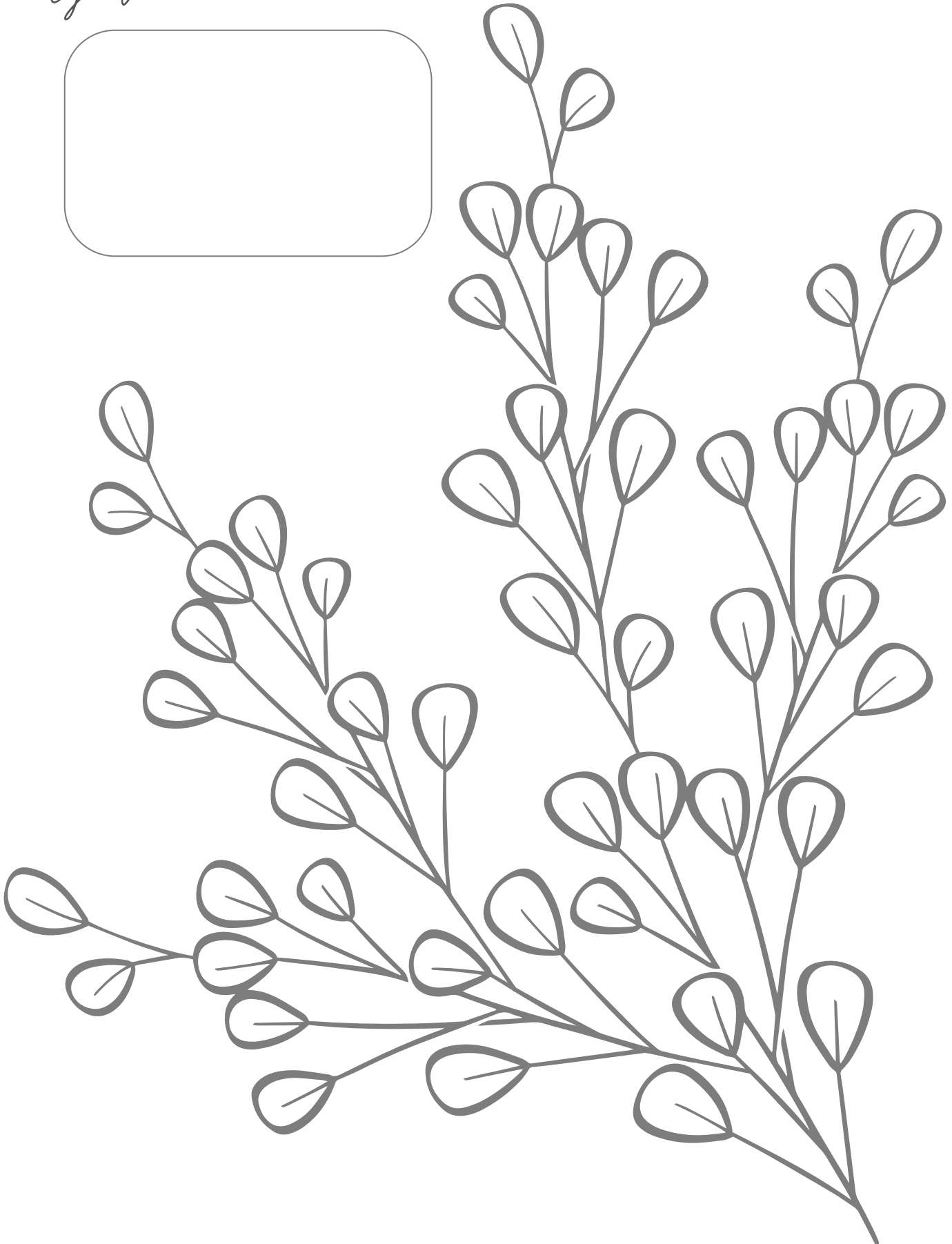
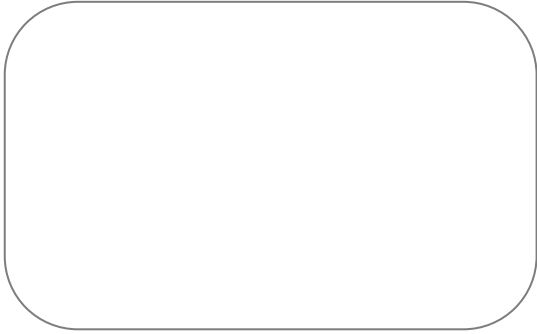


Progress Tracker

Colour a leaf to celebrate progress.

Goal



Mood tracker

angry ✓ sad ✓ happy ✓ stressed ✓ ... ✓ ... ✓

1

2 3 4 5

18 19 20 21 6

17 28 29 30 22 7

16 27 31 23 8

15 26 24 9

14 25 10

13 12 11

My wellbeing

Date.....

Mo Tu We Th Fr Sa Su

At the moment, I am grateful for...

.....

Right now, I like that I...

.....

What I wish myself for tomorrow

.....

My sleep quality was

Difficulties?

Get up time

How am I mostly feeling?

.....

Am I confident about my progress?

.....

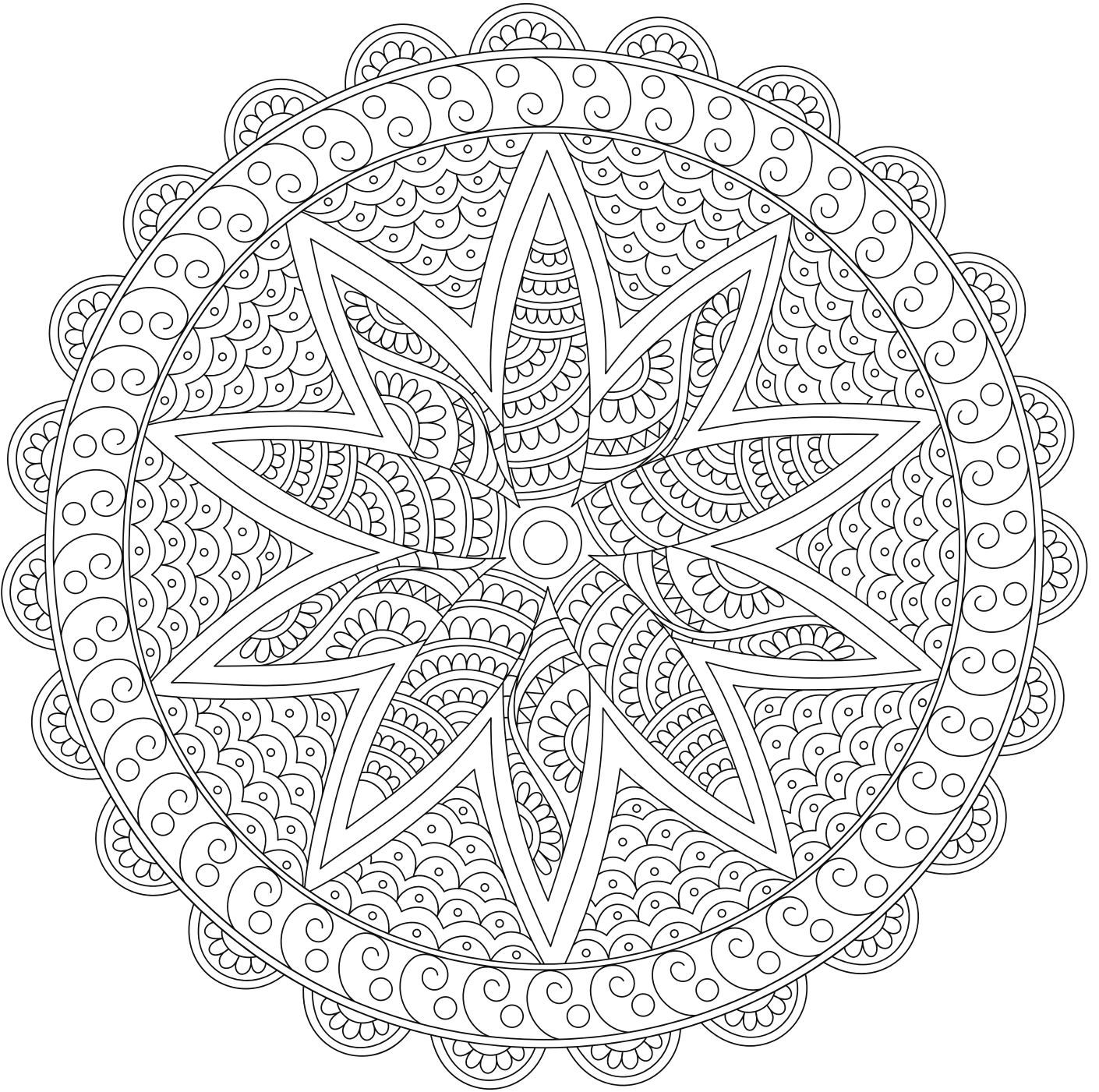
Habits tracker

- Exercise
- Mindfulness/breathwork
- Read a book/journaling
- Time in nature
- Creative outlet
-

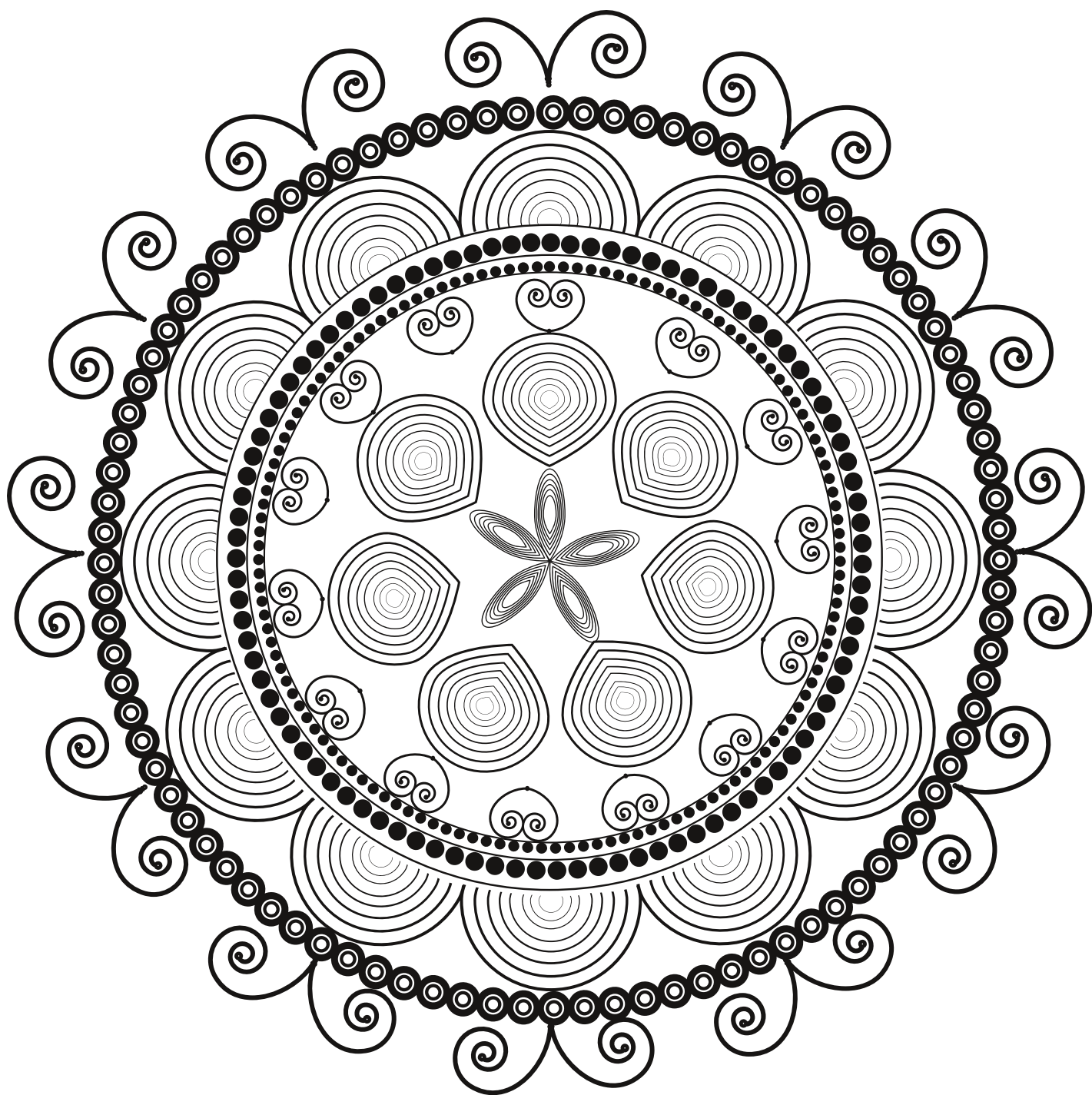
Enough water

Good food

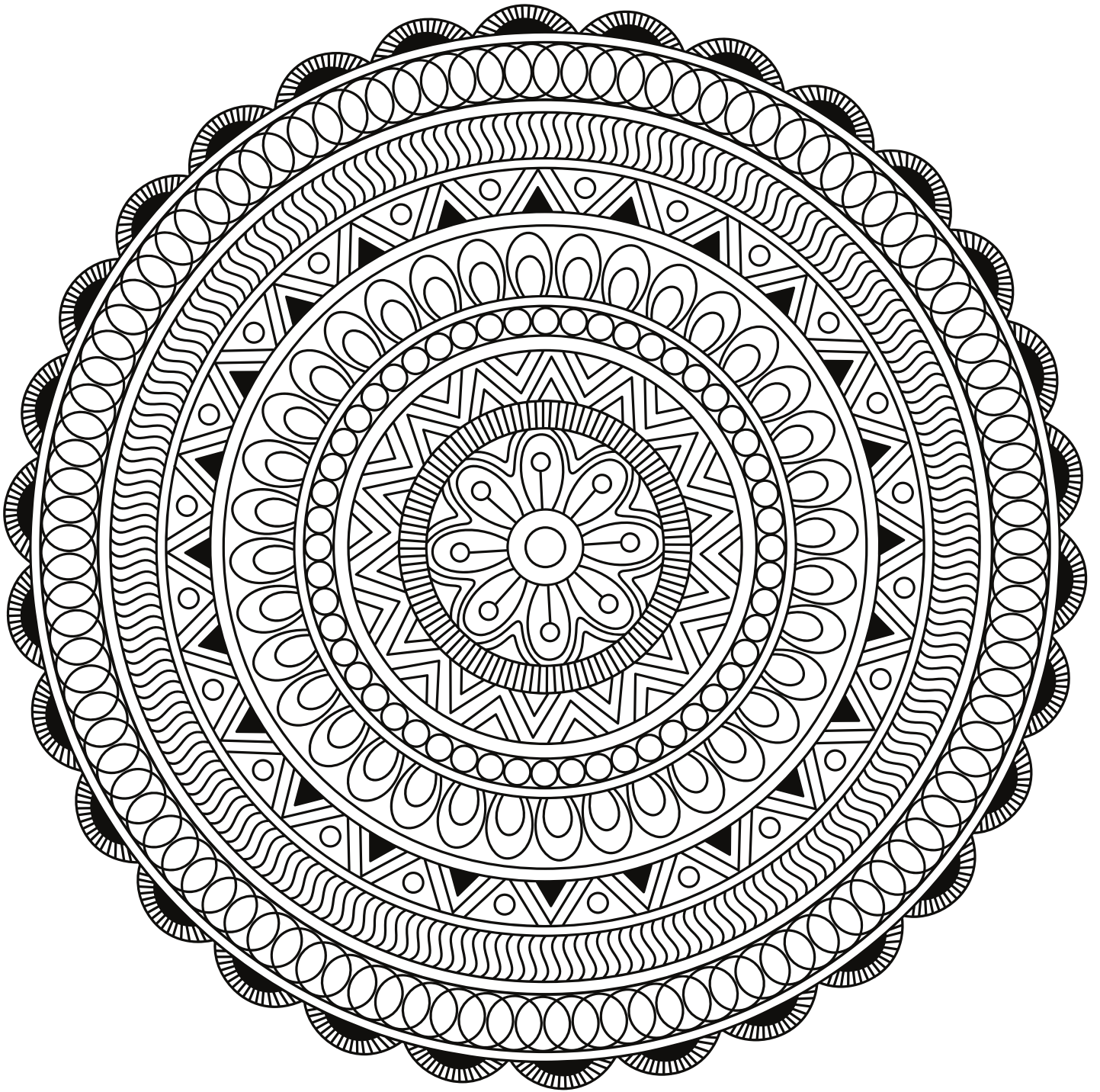
I AM MINDFUL



I AM PEACEFUL



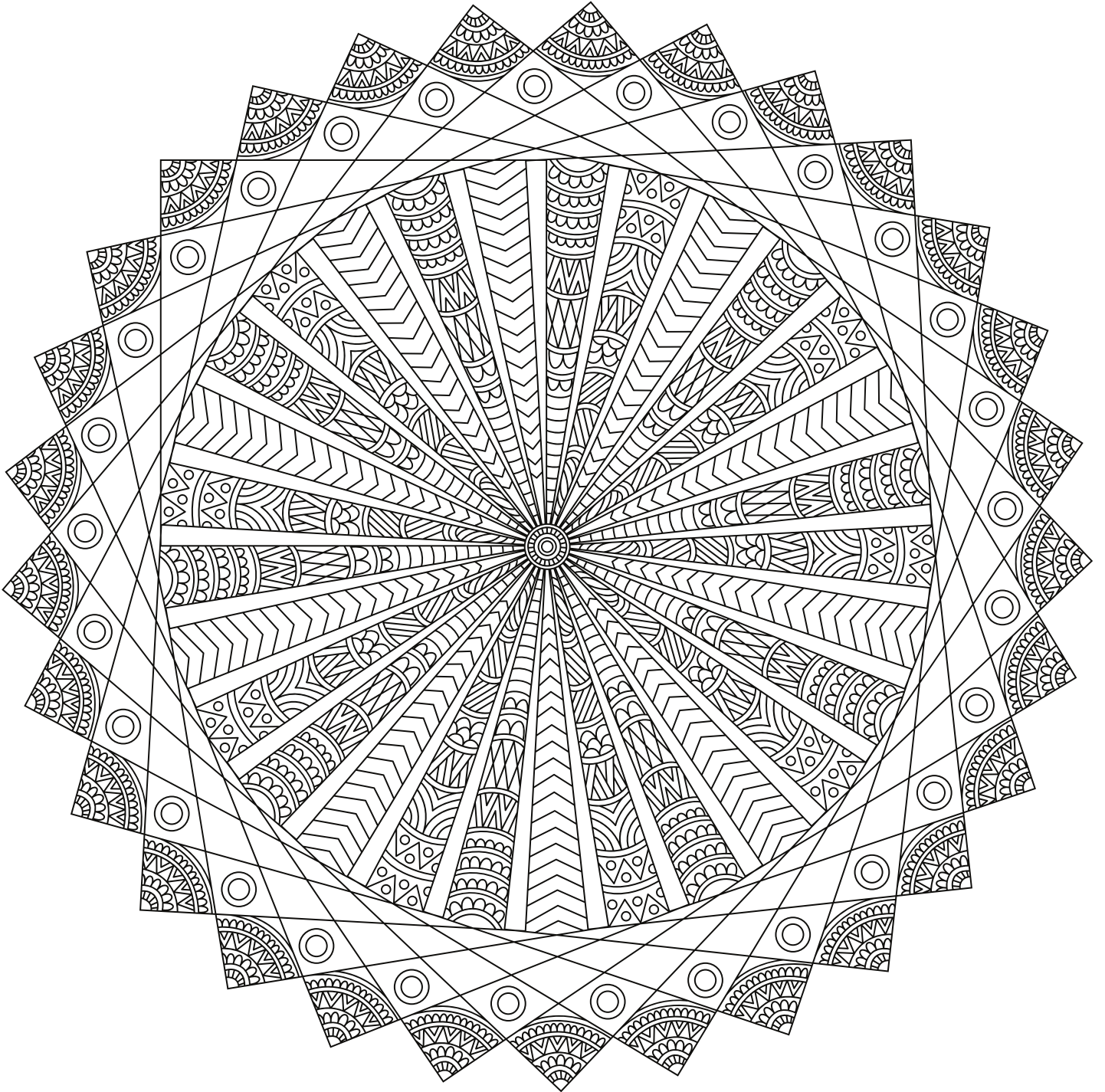
I AM GRATEFUL



I AM PRESENT



I AM FREE

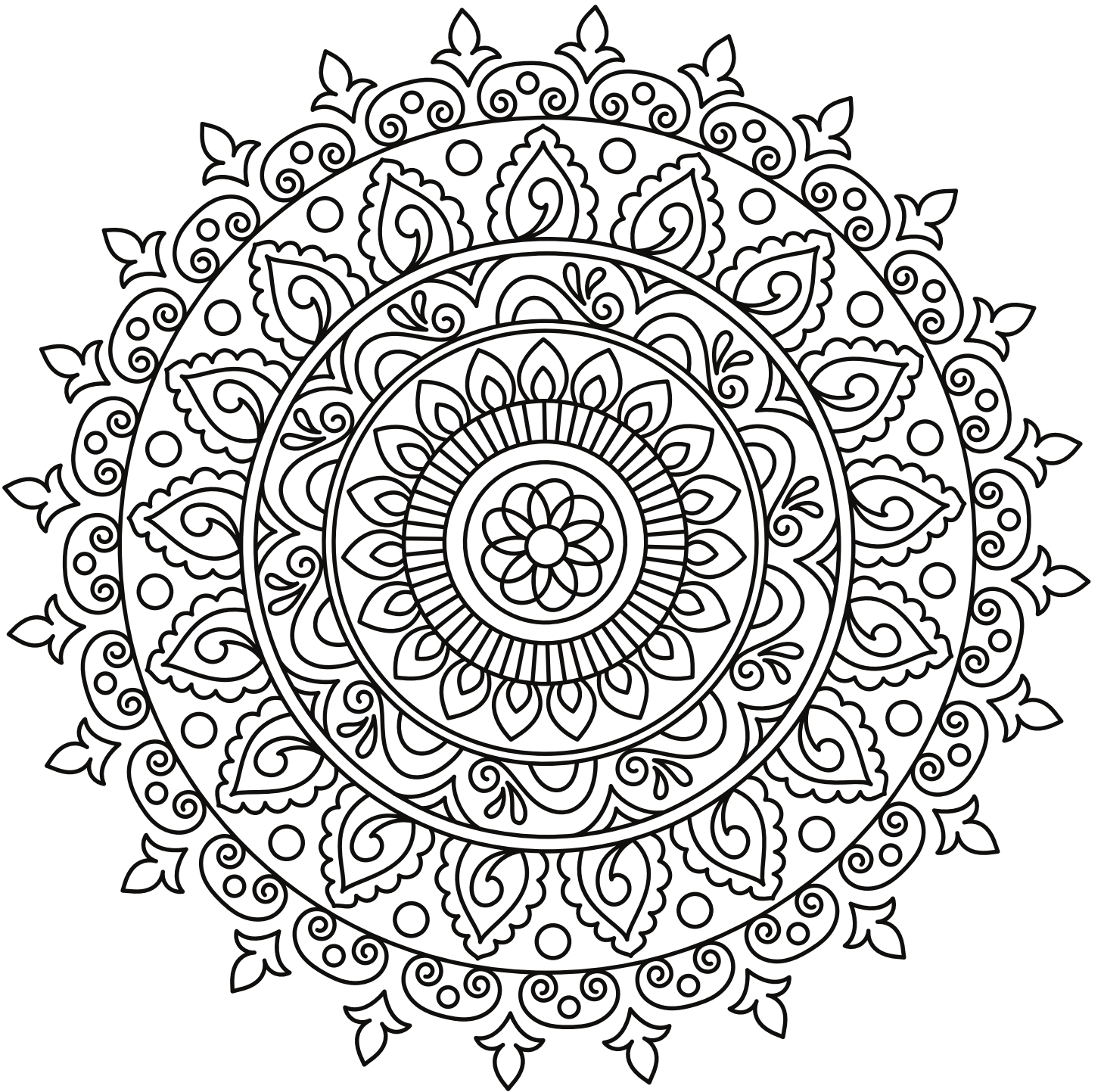


I AM

THOUGHTFUL



I AM CALM



I AM

INSPIRATIONAL

