

HOW TO USE THIS BOOK

- Fill in your goals for the next six months using the goal sheet on the following page. Focus on small wins and milestones you can accomplish week over week, making them meaningful and measurable.
- Brainstorm a list of things that feel like self-care for you, so when you run out of ways to feel supported by yourself, you always have a reference to turn back to.
- Make sure to date and bookmark your monthly review and weekly review pages. Spend 30 minutes every Sunday reflecting on your week and an hour once a month to refer back to your goals and plan the month ahead.
- Use your daily trackers! They are set up to track your habits, your water intake, your food, and so much more. Over time you can notice trends; as you take care of yourself, things tend to get a little easier!

This Journal Belongs To:

MY GOALS

RELATIONSHIP

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CAREER

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HEALTH

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MONTH 1

MONTH 2

MONTH 3

MONTH 4

MONTH 5

MONTH 6

NOTES

MONTHLY REVIEW

MONTH:

What Made Me Feel Happy?

What were the highlights of the last month/?

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WHAT HAVE I LEARNED?

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MY AFFIRMATIONS FOR NEXT MONTH:

WHAT AM I LOOKING FORWARD TO
NEXT MONTH?

WEEK 1

WEEK 2

WEEK 3

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WEEK 5

GOALS

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WEEKLY REVIEW

WEEK OF: /

This Week's Wins

What did I accomplish this week?

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WHAT SELF-CARE ACTS HAVE I ENJOYED?

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HOW DO I FEEL ABOUT MY PROGRESS?

WHAT IS ONE THING I'D LIKE TO BE BETTER AT?

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

GOALS

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WEEKLY REVIEW

My Affirmations

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MY MAIN PRIORITIES FOR NEXT WEEK

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MY HABITS

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MONTHLY REVIEW

MONTH:

What Made Me Feel Happy?

What were the highlights of the last month/?

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WHAT HAVE I LEARNED?

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MY AFFIRMATIONS FOR NEXT MONTH:

WHAT AM I LOOKING FORWARD TO
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MY MAIN PRIORITIES FOR NEXT WEEK

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MONTH:

What Made Me Feel Happy?

What were the highlights of the last month/?

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WHAT AM I LOOKING FORWARD TO
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What Made Me Feel Happy?

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WHAT SELF-CARE ACTS HAVE I ENJOYED?

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WHAT SELF-CARE ACTS HAVE I ENJOYED?

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HOW DO I FEEL ABOUT MY PROGRESS?

WHAT IS ONE THING I'D LIKE TO BE BETTER AT?

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My Affirmations

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MY MAIN PRIORITIES FOR NEXT WEEK

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