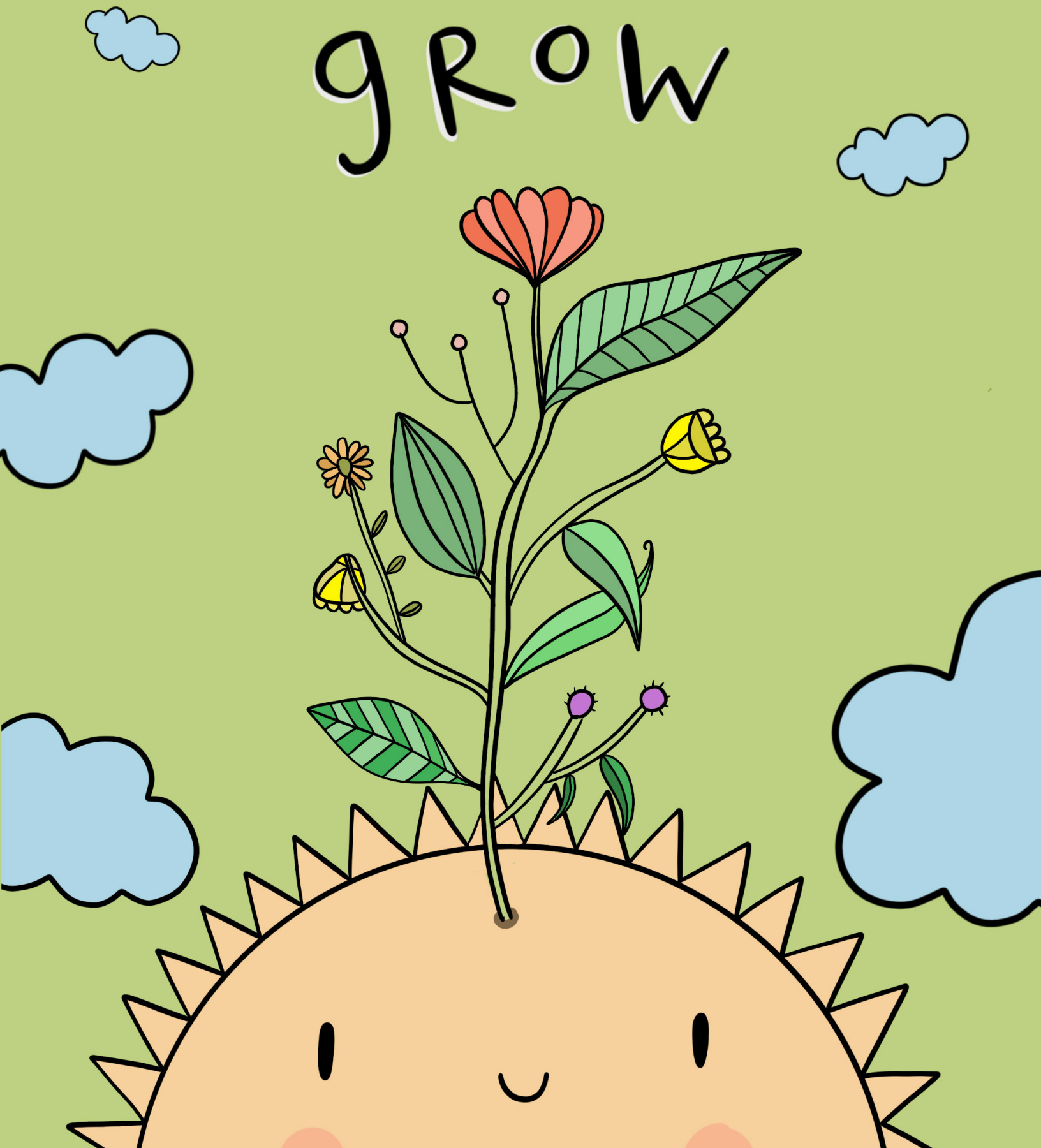
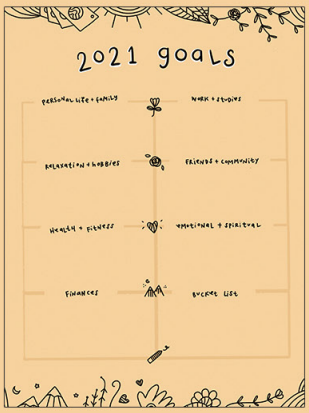
Feel Good Journal

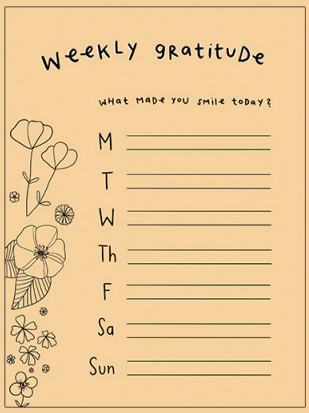
grow



Feel Good Templates

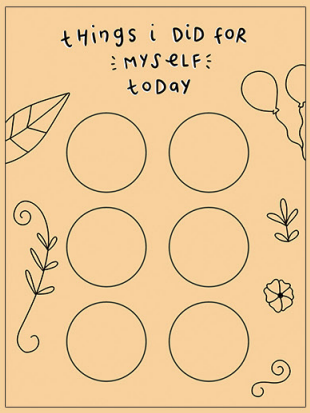


2021 Goals

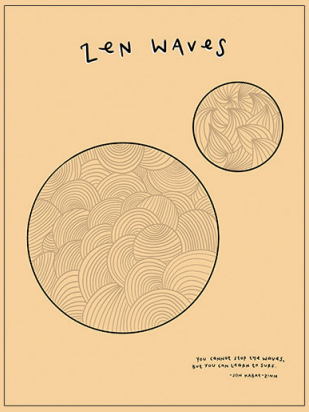


Weekly Gratitude

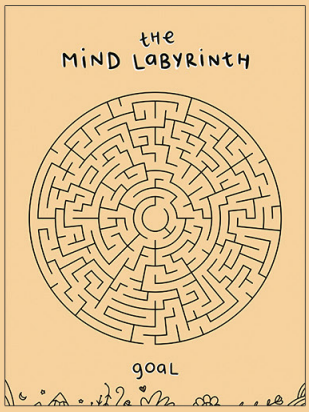
Self Care Bingo



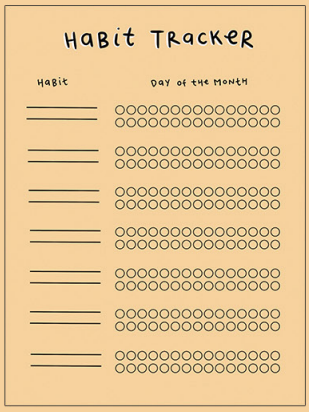
Self Care Tracker



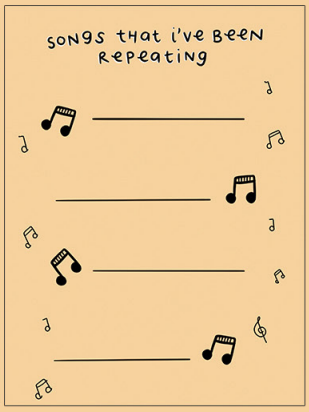
Zen Waves



The Mind Labyrinth



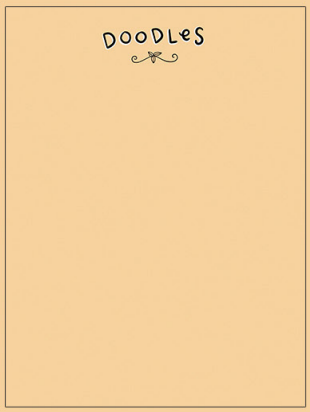
Habit Tracker



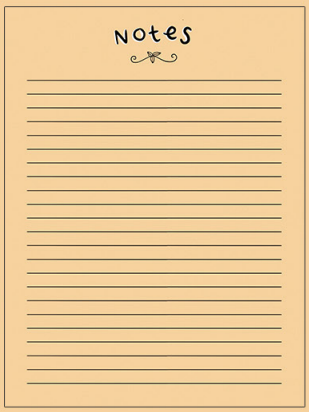
Favorite Songs

Find the Good

Walk the Earth



Doodles



Notes

2021 goals

personal life + family

work + studies

relaxation + hobbies

friends + community

health + fitness

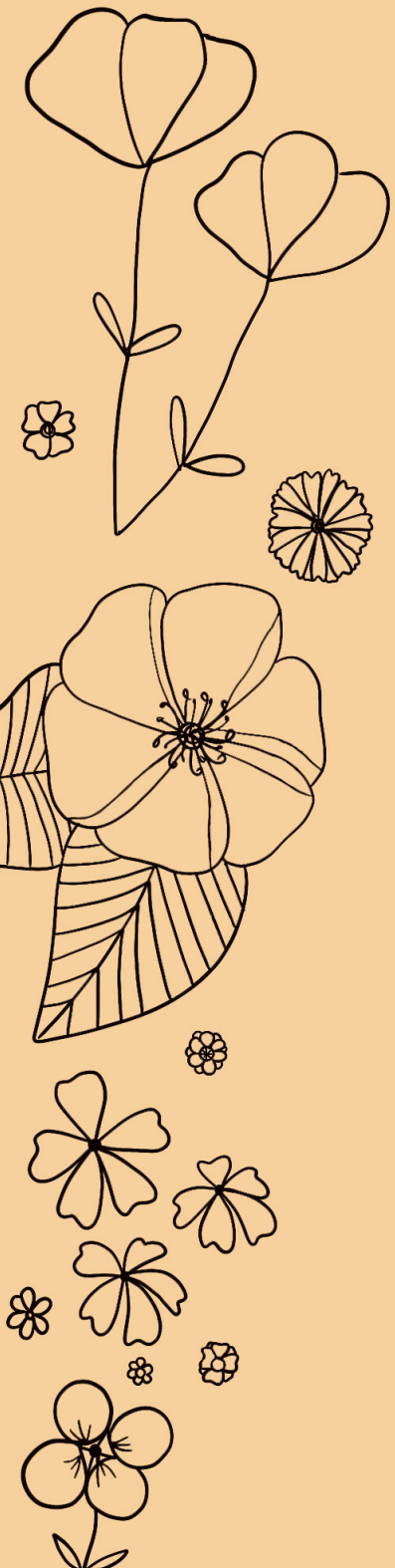
emotional + spiritual

finances

bucket list

weekly gratitude

what made you smile today?



M

T

W

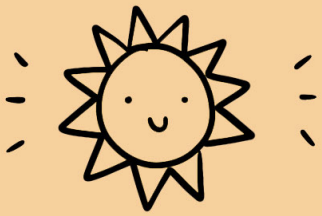
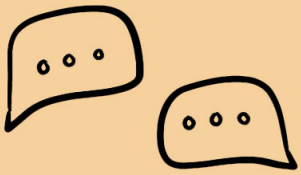
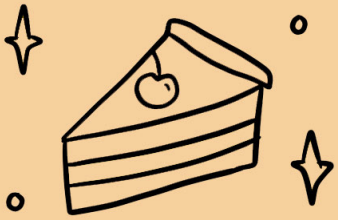
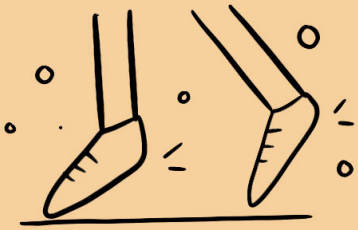
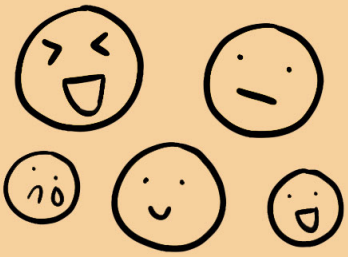
Th

F

Sa

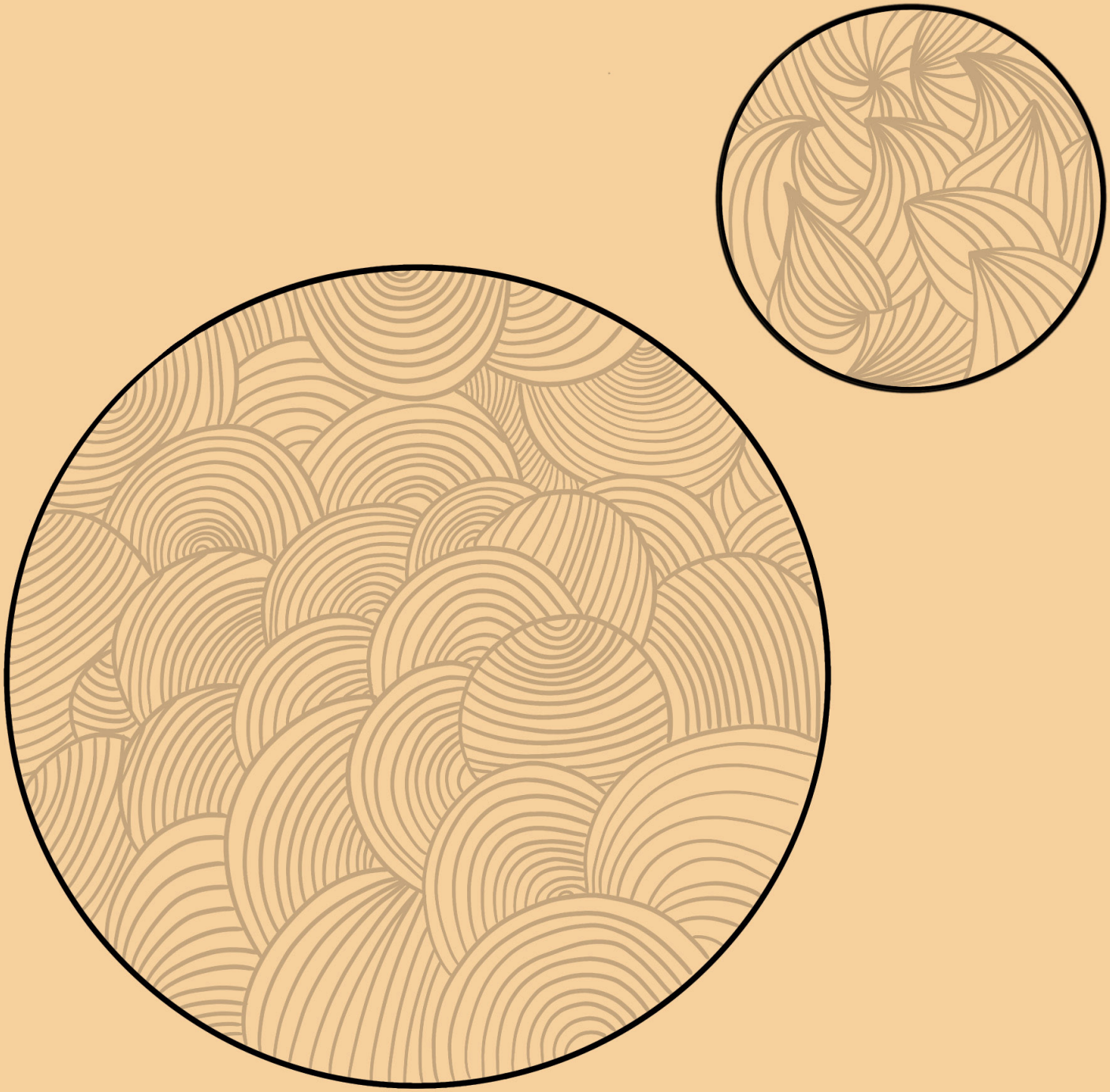
Sun

Self care Bingo

 went outside	laughed out loud	treated myself with ♡ + kindness
talked to a loved one 	simply existed	 ate something delicious
did a thing that makes me feel like me	 got my heart pumping	noticed my feelings 

things i did for myself today

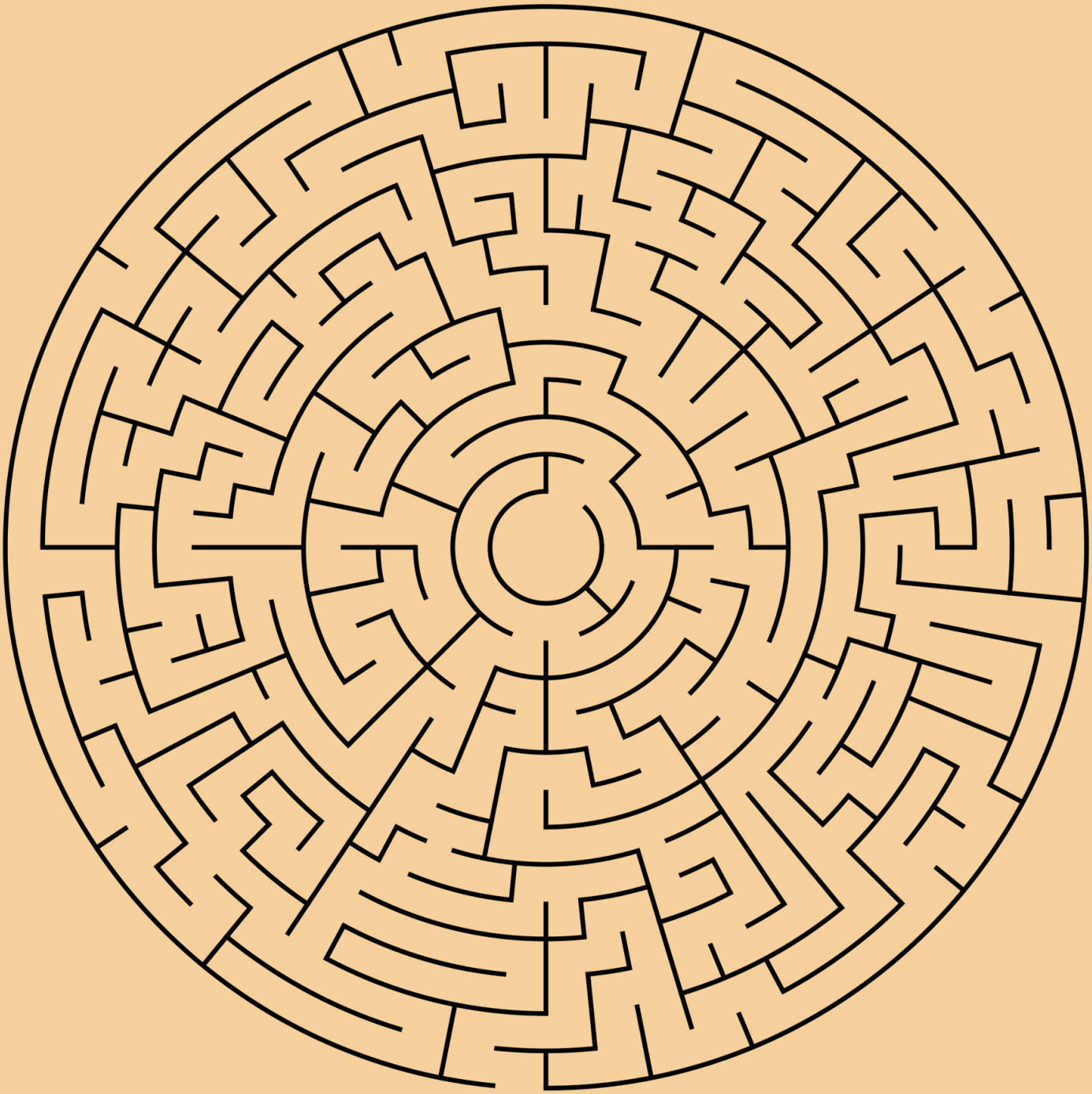
Zen Waves



You cannot stop the waves,
but you can learn to surf.

-Jon Kabat-Zinn

the MIND LABYRINTH



goal

Habit Tracker

Habit	Day of the Month

SONGS THAT I'VE BEEN REPEATING

_____

_____

_____

_____

Find the
good
in every
moment, of
every day.

walk
as if you're
KISSING
the earth
with your
FEET.

DOODLES

Notes