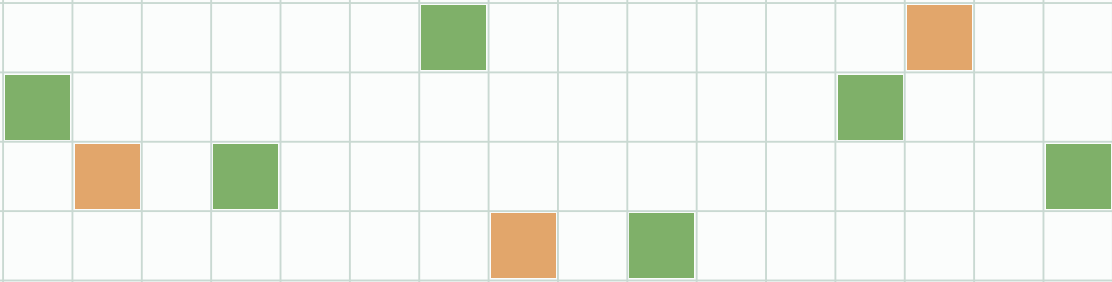


THE JOURNAL PAGES



BELONGS TO

HABITS & MOOD

A month of small wins, next to your writing.

TRACKER / NOTES / REFLECTION

Monthly habit & mood tracker

MONTH _____

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Habit 1																															
Habit 2																															
Habit 3																															
Habit 4																															
Habit 5																															
Habit 6																															
Habit 7																															
Habit 8																															
Mood (color or word)																															

Mood ideas: great / good / ok / low - or color the square.

Notes and reflection

Small steps count. Write them down.

DATE _____

What went well today?

What was hard? What helped?

Mood today: _____

Free writing

Notes and reflection

Small steps count. Write them down.

DATE _____

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What was hard? What helped?

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Free writing

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