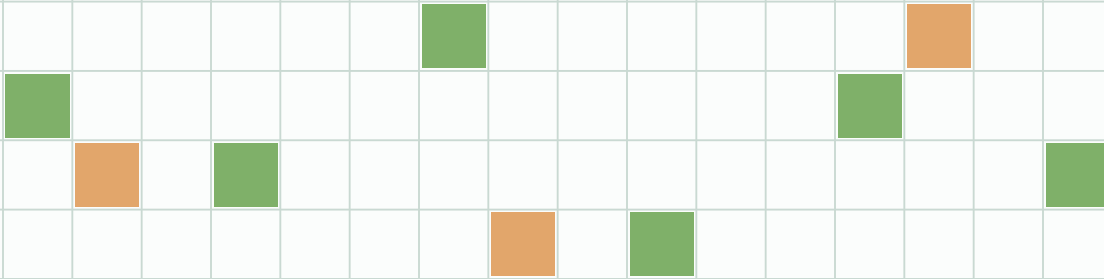


THE JOURNAL PAGES



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

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

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DATE

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