



Feel Good Journal



grow



# WEEKLY GRATITUDE

WHAT MADE YOU SMILE TODAY?



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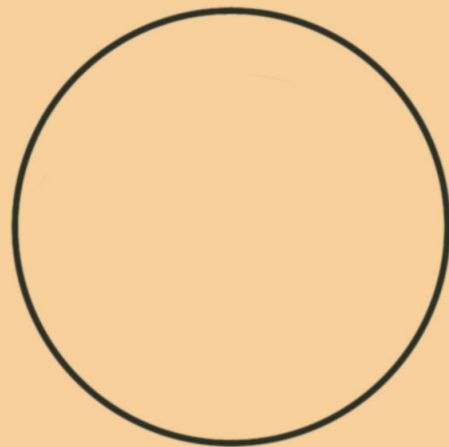
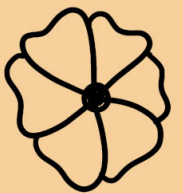
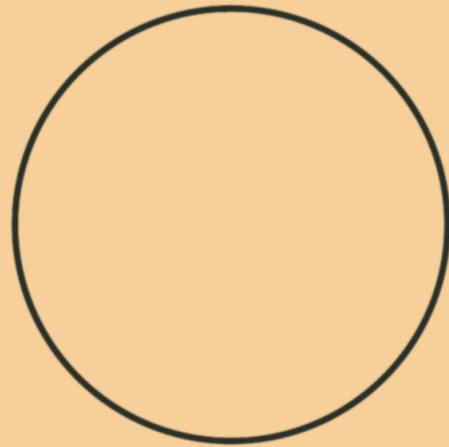
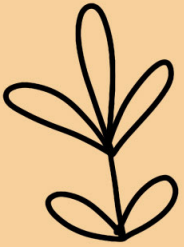
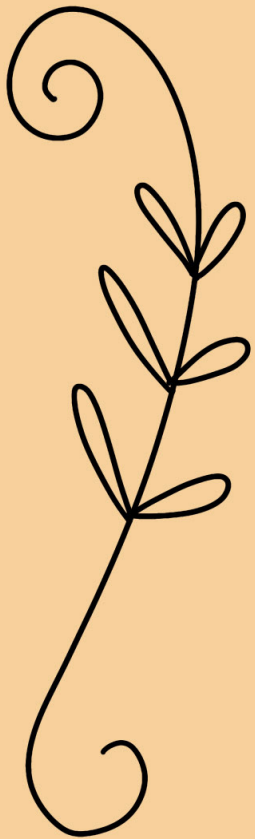
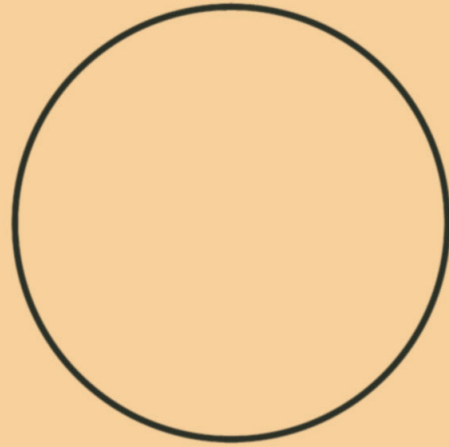
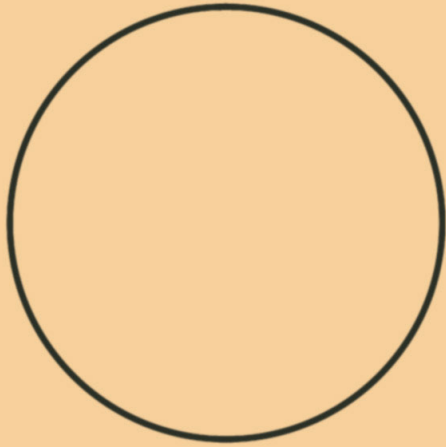
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# SELF CARE BINGO

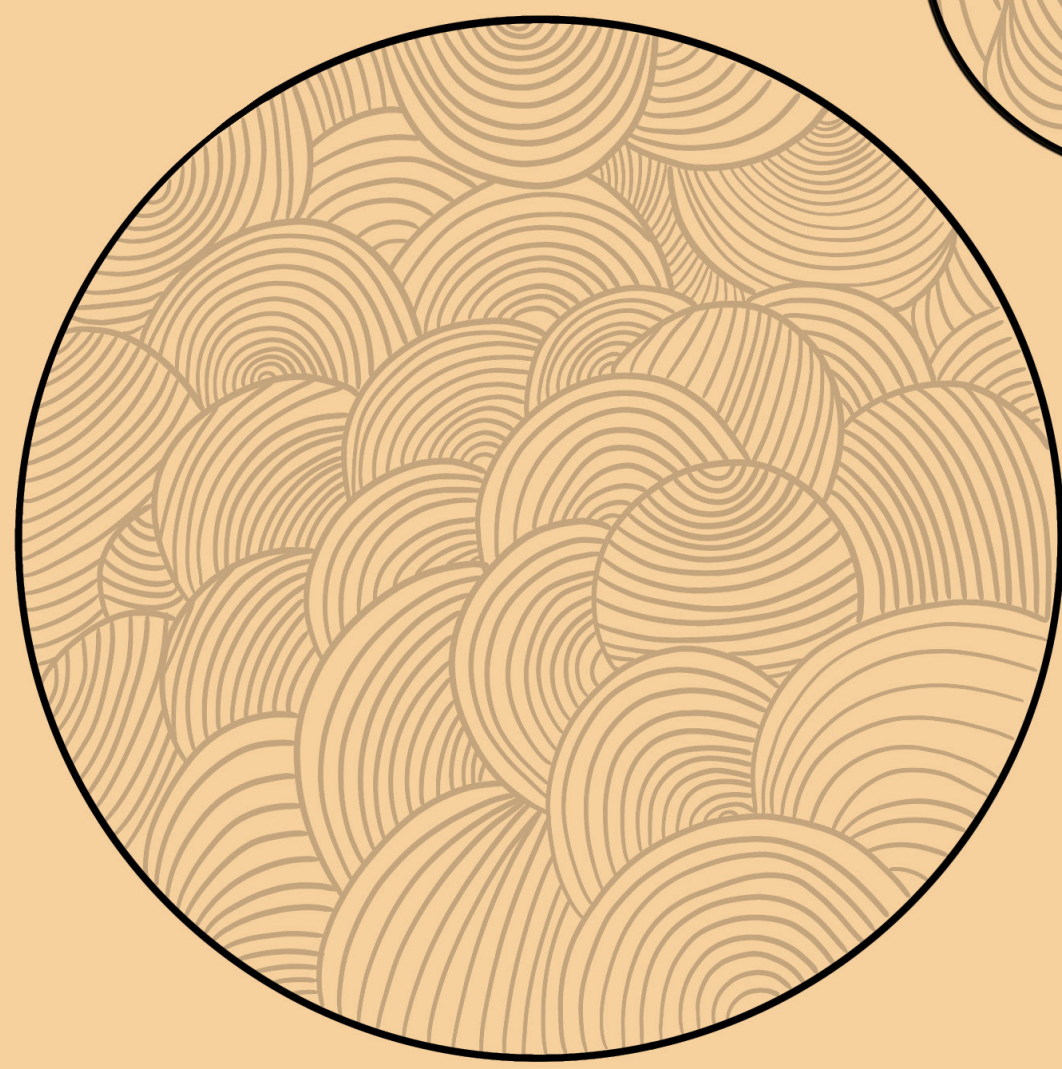
 <p>WENT OUTSIDE</p>	<p>LAUGHED OUT LOUD</p> 	 <p>TREATED MYSELF WITH ♥ + KINDNESS</p>
<p>TALKED TO A LOVED ONE</p> 	  <p>SIMPLY EXISTED</p>  	 <p>ATE SOMETHING DELICIOUS</p>
<p>DID A THING THAT MAKES ME FEEL LIKE ME</p> 	 <p>got MY HEART PUMPING</p>	<p>NOTICED MY FEELINGS</p> 

things i did for  
= MYSELF =  
today





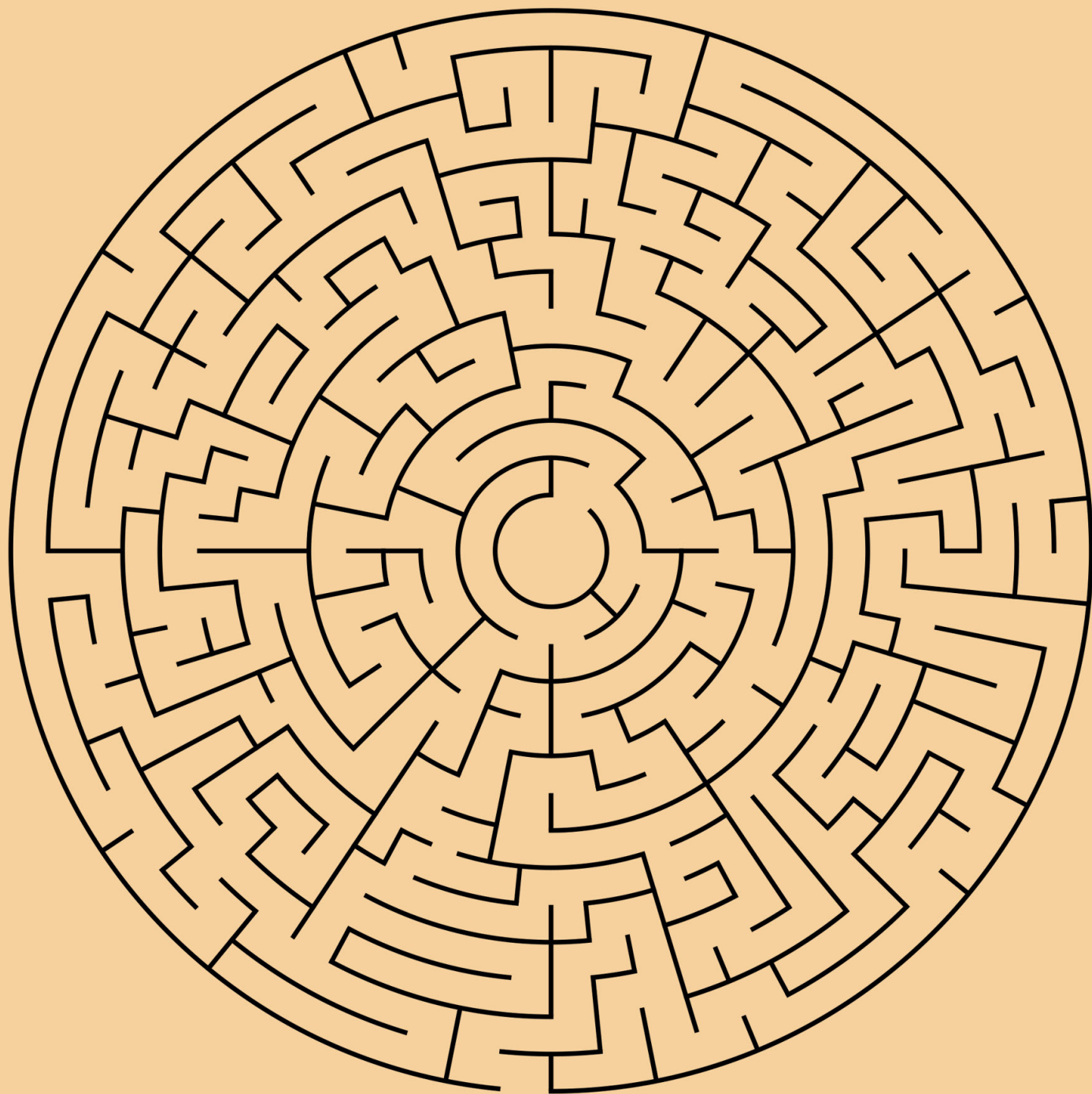
# ZEN WAVES



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

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# SONGS THAT I'VE BEEN REPEATING

A hand-drawn musical staff on a light beige background. The staff is a single horizontal line. To the left of the staff, there are two musical notes: a quarter note and a beamed eighth note. To the right of the staff, there are two musical notes: a quarter note and a beamed eighth note. The notes are drawn in a simple, sketchy style. The entire staff and notes are surrounded by several other musical notes scattered around the page, including a treble clef on the right side.



FIND the

GOOD

IN every

MOMENT, OF

every day.



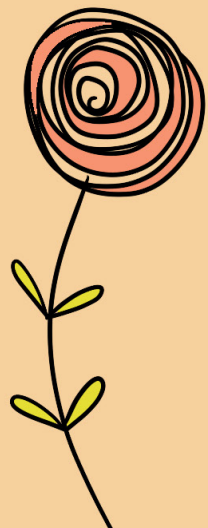
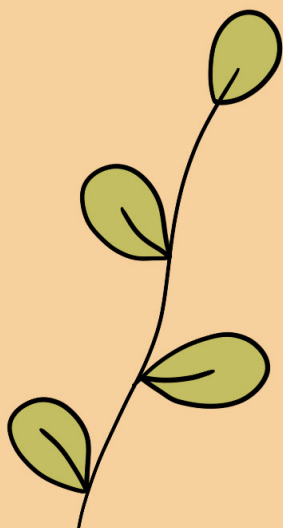
as if you're

! KISSING !

♡ → the earth →

WITH YOUR

FEEET.



# Doodles

