



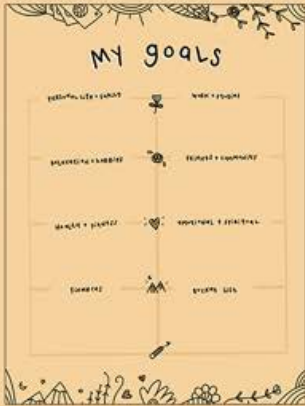
Feel Good Journal



grow



Feel Good Templates



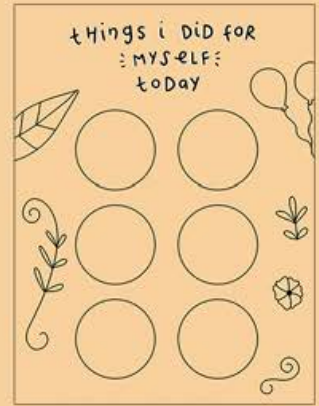
My Goals



Weekly Gratitude



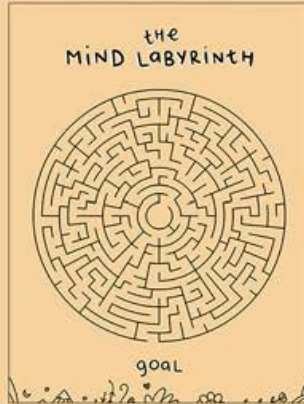
Self Care Bingo



Self Care Tracker



Zen Waves



The Mind Labyrinth



Habit Tracker



Favorite Songs



Find the Good



Walk the Earth



Doodles



Notes

MY GOALS

PERSONAL LIFE + FAMILY



WORK + STUDIES

RELAXATION + HOBBIES



FRIENDS + COMMUNITY

HEALTH + FITNESS



EMOTIONAL + SPIRITUAL

FINANCES

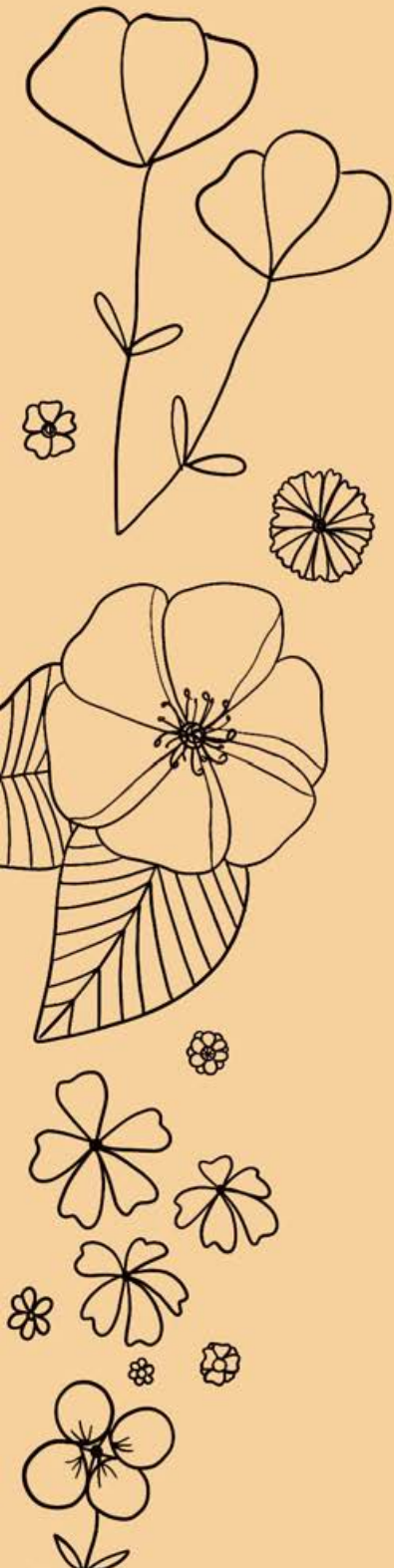


BUCKET LIST



WEEKLY GRATITUDE

WHAT MADE YOU SMILE TODAY?



M

T

W











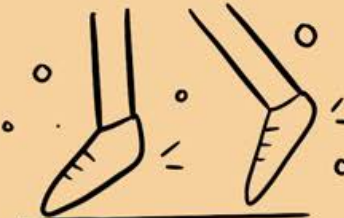
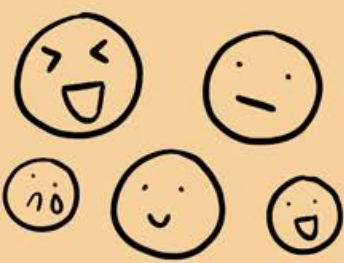
Th

F

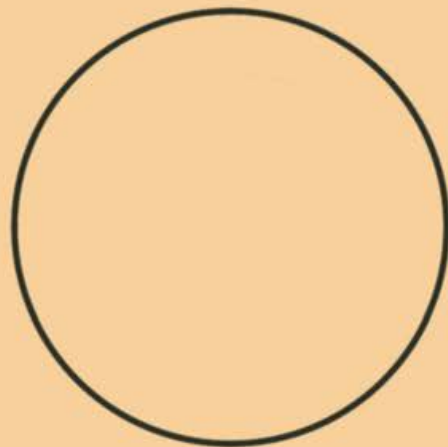
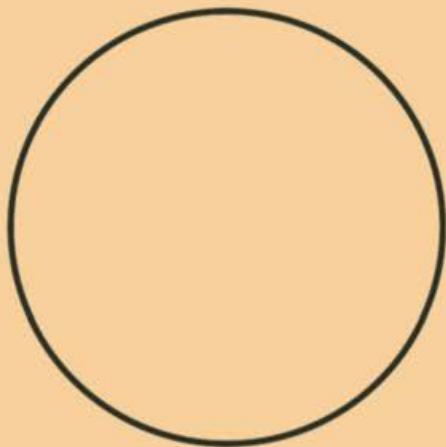
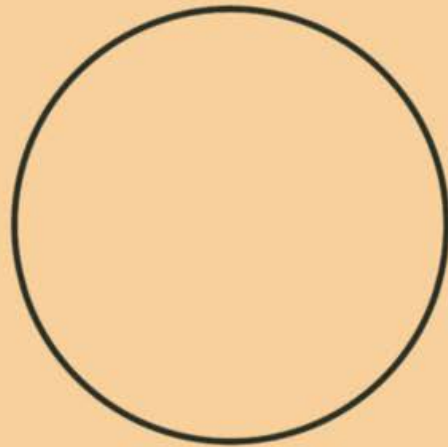
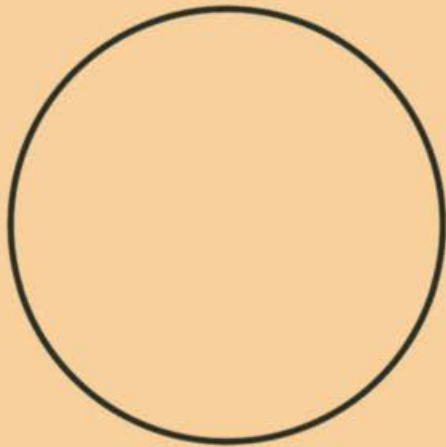
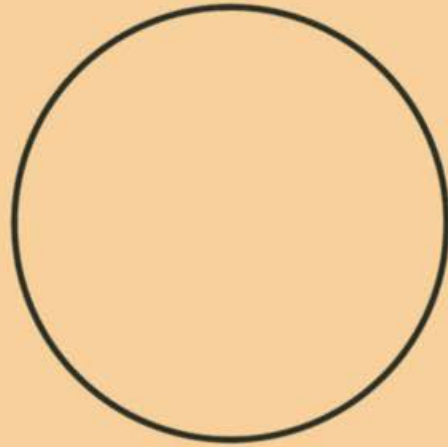
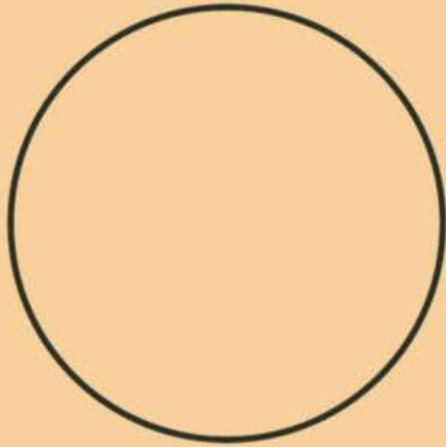
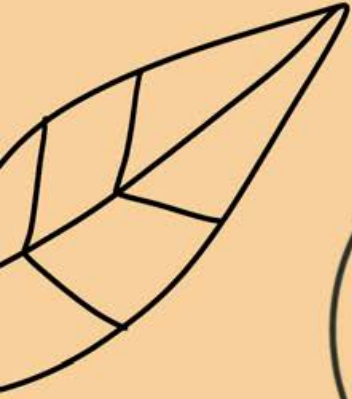
Sa

Sun

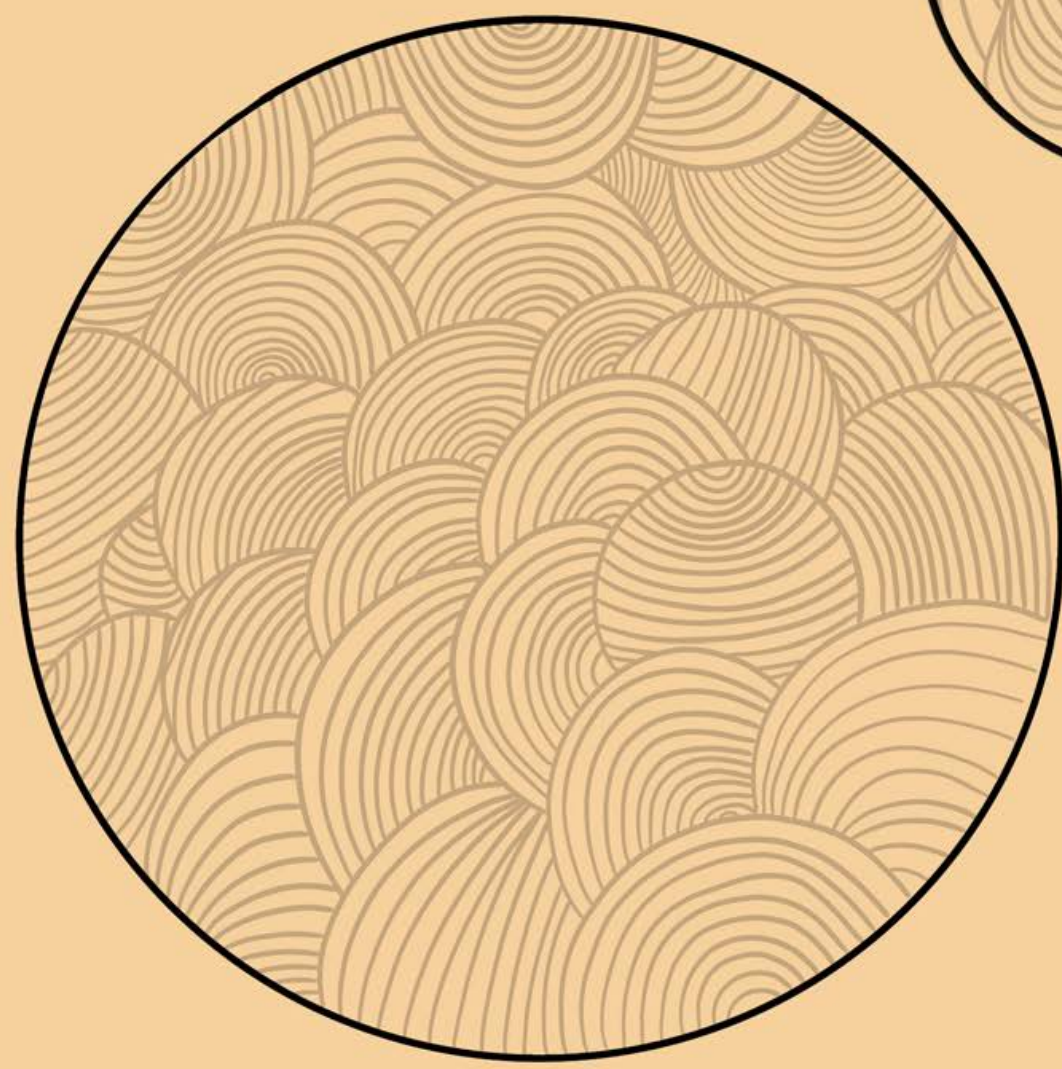
SELF CARE BINGO

 <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



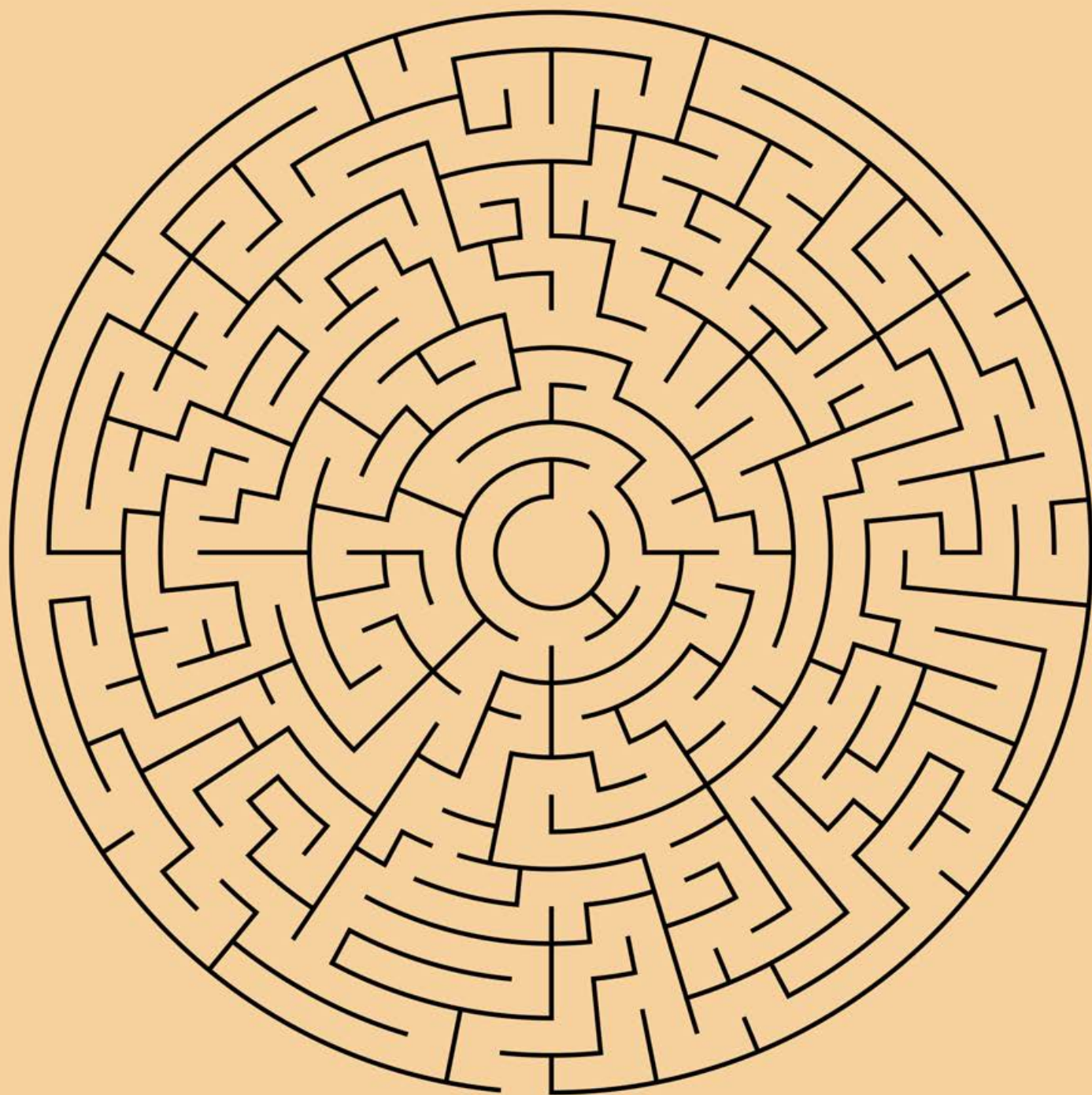
ZEN WAVES



YOU CANNOT STOP THE WAVES,
BUT YOU CAN LEARN TO SURF.

-JON KABAT-ZINN

the MIND LABYRINTH



goal



SONGS THAT I'VE BEEN REPEATING

The page features four horizontal lines for writing, each surrounded by musical notes and symbols. The notes include single eighth notes, pairs of eighth notes, and beamed eighth notes. The symbols include a treble clef and a musical staff with a treble clef. The notes are scattered around the lines, some above and some below, creating a musical theme for the writing area.

FIND the

good

in every

MOMENT, OF

every day.



as if you're

KISSING

the earth →

WITH YOUR

FEEET.



DOODLES

