

The background features abstract, organic shapes in shades of beige and light grey. On the left and right sides, there are line-art illustrations of leafy branches. The text is centered in a black, cursive font.

Welcome  
to my  
Journal



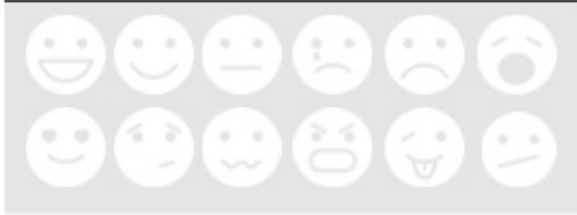
# Weekly check in

DATE \_\_\_\_\_

## TOP 3 THINGS I DID THIS WEEK

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## THIS WEEK I FELT



## MOST REWARDING INTERACTION I HAD THIS WEEK

## NEXT WEEK I WANT TO

## THINGS I ACCOMPLISHED THIS WEEK

## WHAT WAS THE BEST THING ABOUT THE WEEK?

## MY RANKING OF THE WEEK





# Morning Gratitude

Date: \_\_\_\_\_

Today I want to feel...

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Today I will spread kindness by...

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3 things I'm grateful for today are...

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"Happiness is a habit."



# JOURNAL

Lined writing area for journal entries.



# JOURNAL



# JOURNAL



# My week



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY





