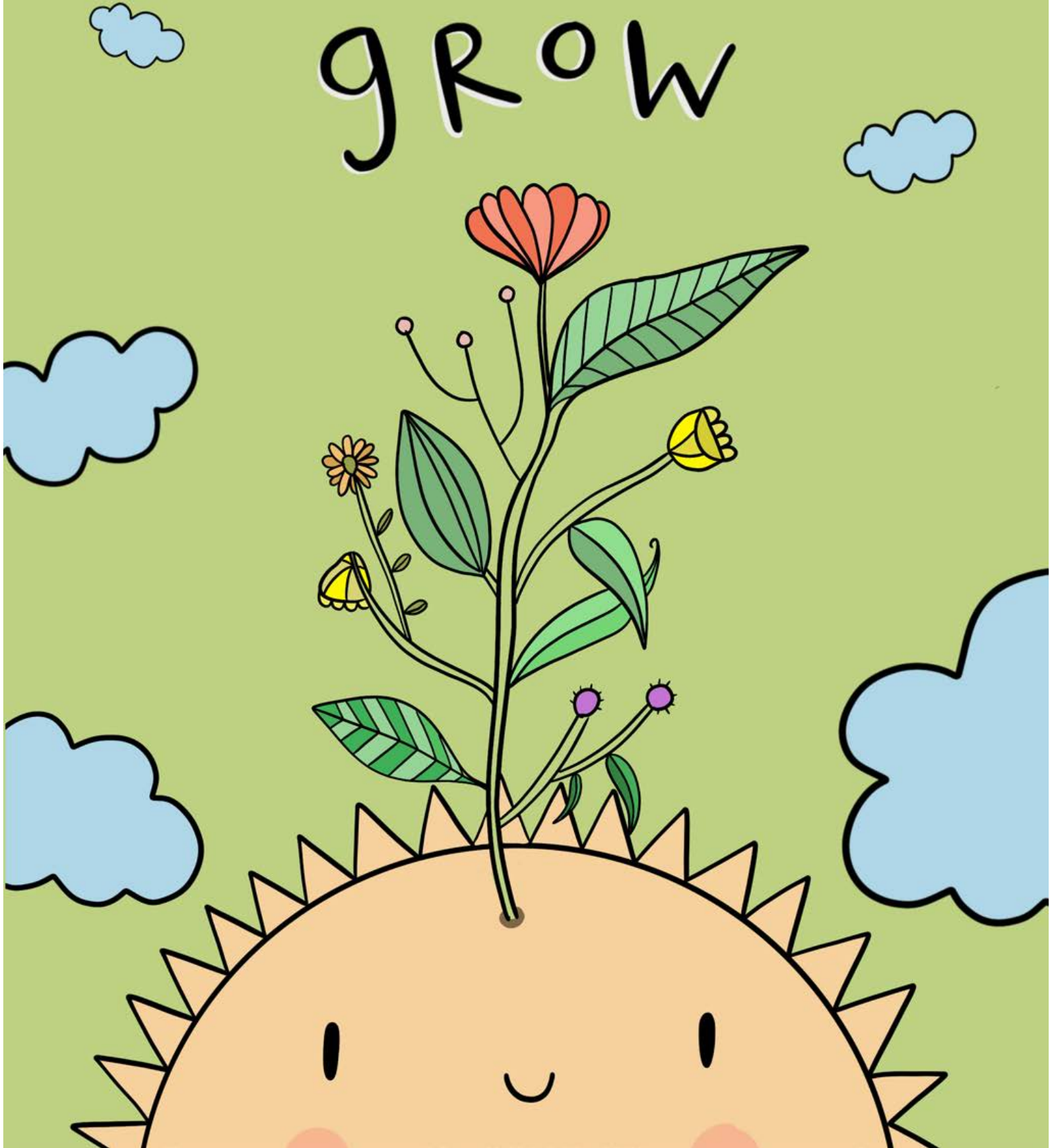




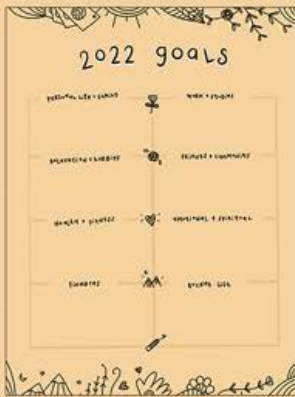
# Feel Good Journal



# grow



# Feel Good Templates



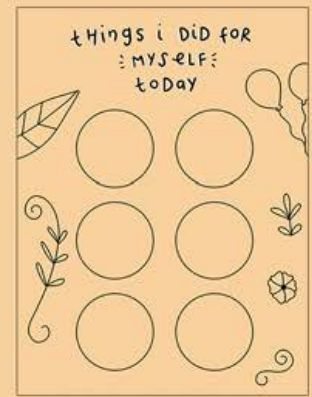
2022 Goals



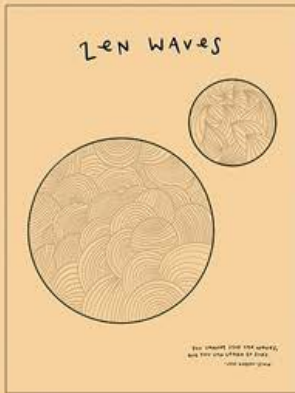
Weekly Gratitude



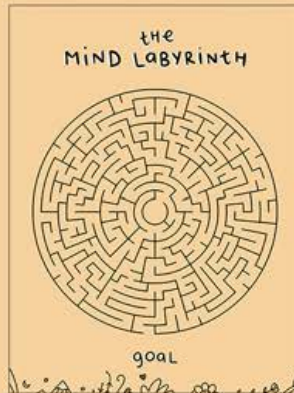
Self Care Bingo



Self Care Tracker



Zen Waves



The Mind Labyrinth



Habit Tracker



Favorite Songs



Find the Good



Walk the Earth



Doodles



Notes

# 2022 goals

PERSONAL life + family



WORK + studies

RELAXATION + HOBBIES



FRIENDS + COMMUNITY

HEALTH + FITNESS



EMOTIONAL + SPIRITUAL

FINANCES



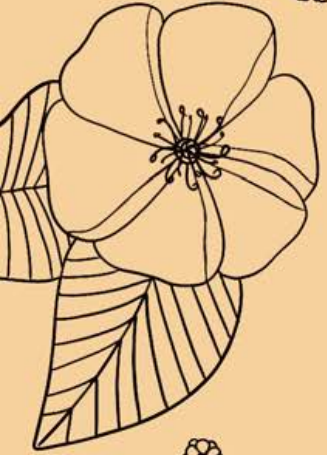
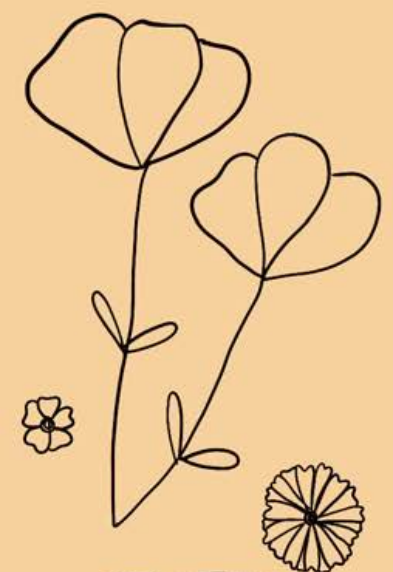
BUCKET LIST





# WEEKLY GRATITUDE

WHAT MADE YOU SMILE TODAY?



M \_\_\_\_\_  
\_\_\_\_\_

T \_\_\_\_\_  
\_\_\_\_\_

W \_\_\_\_\_  
\_\_\_\_\_


Th \_\_\_\_\_  
\_\_\_\_\_

F \_\_\_\_\_  
\_\_\_\_\_

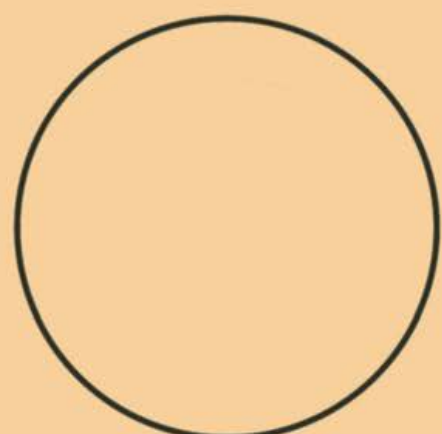
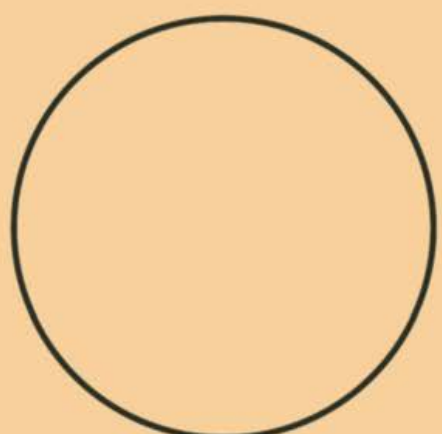
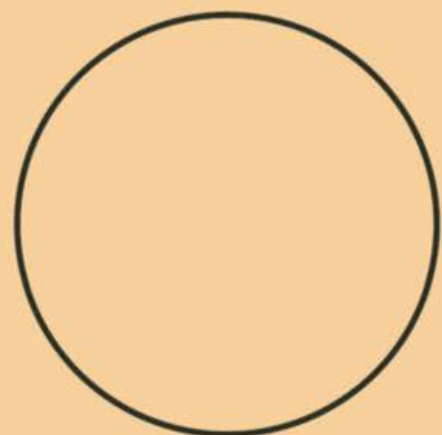
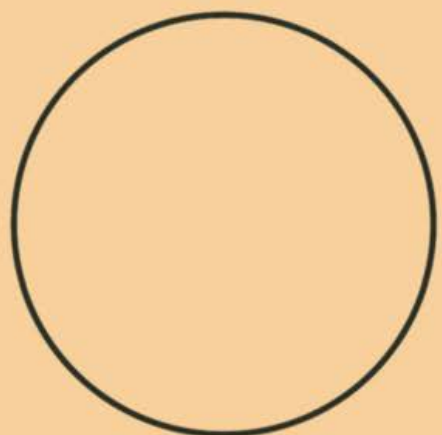
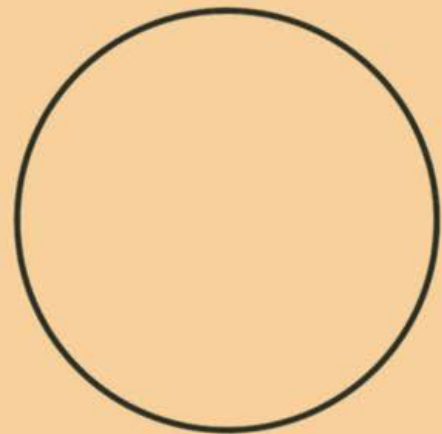
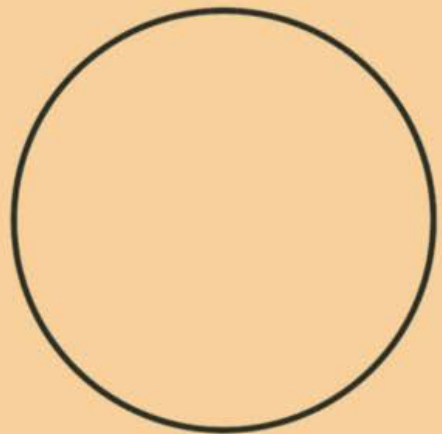
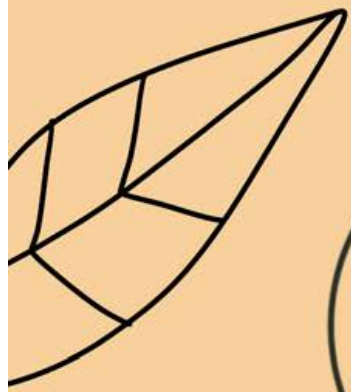
Sa \_\_\_\_\_  
\_\_\_\_\_

Sun \_\_\_\_\_  
\_\_\_\_\_

# SELF CARE BINGO

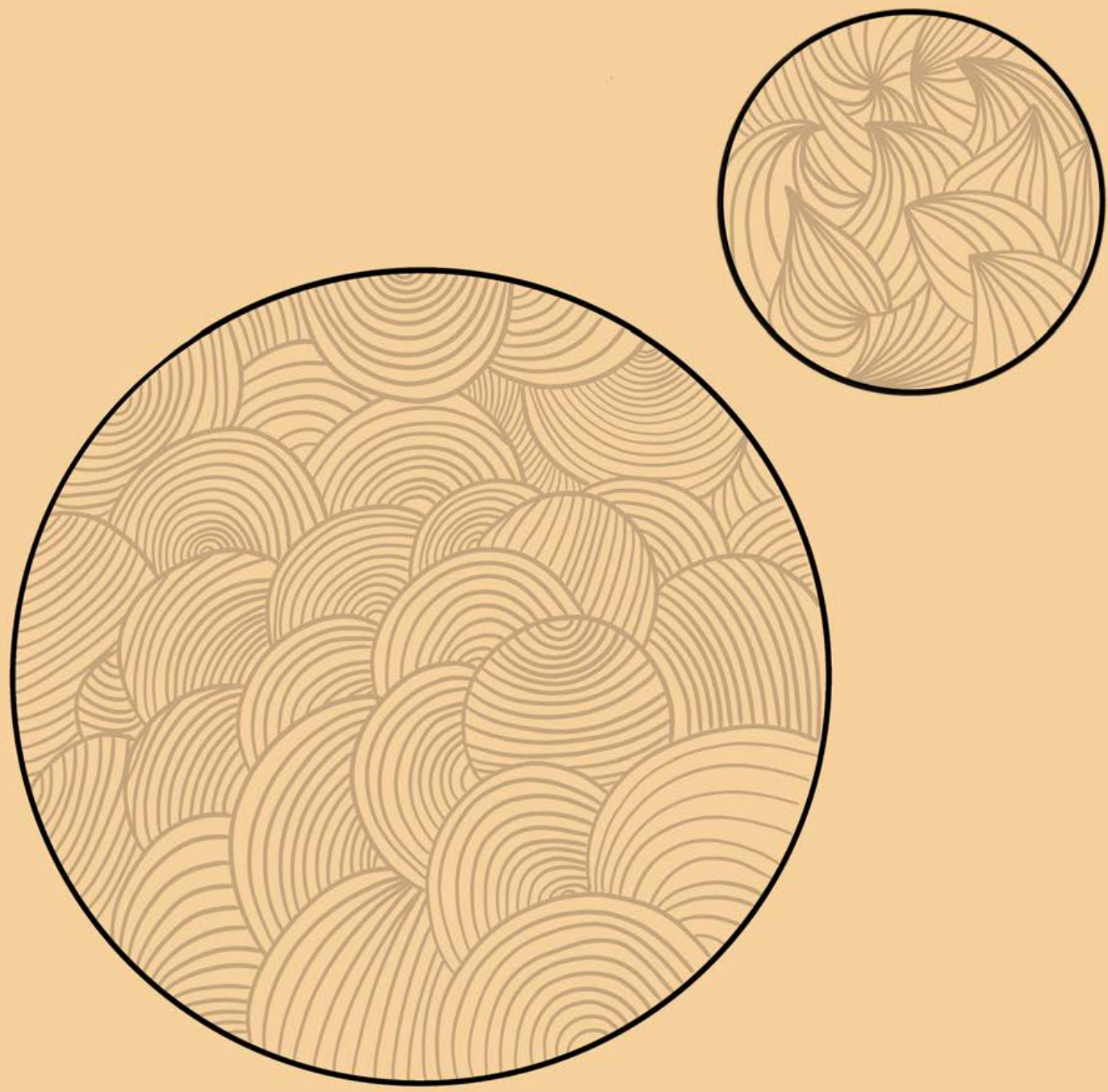
 <p>WENT OUTSIDE</p>	<p>LAUGHED OUT LOUD</p> 	 <p>TREATED MYSELF WITH ♥ + KINDNESS</p>
<p>TALKED TO A LOVED ONE</p> 	<p>SIMPLY EXISTED</p> 	 <p>ATE SOMETHING DELICIOUS</p>
<p>DID A THING THAT MAKES ME FEEL LIKE ME</p> 	 <p>got My HEART PUMPING</p>	<p>NOTICED MY FEELINGS</p> 

things i did for  
MYSELF  
today





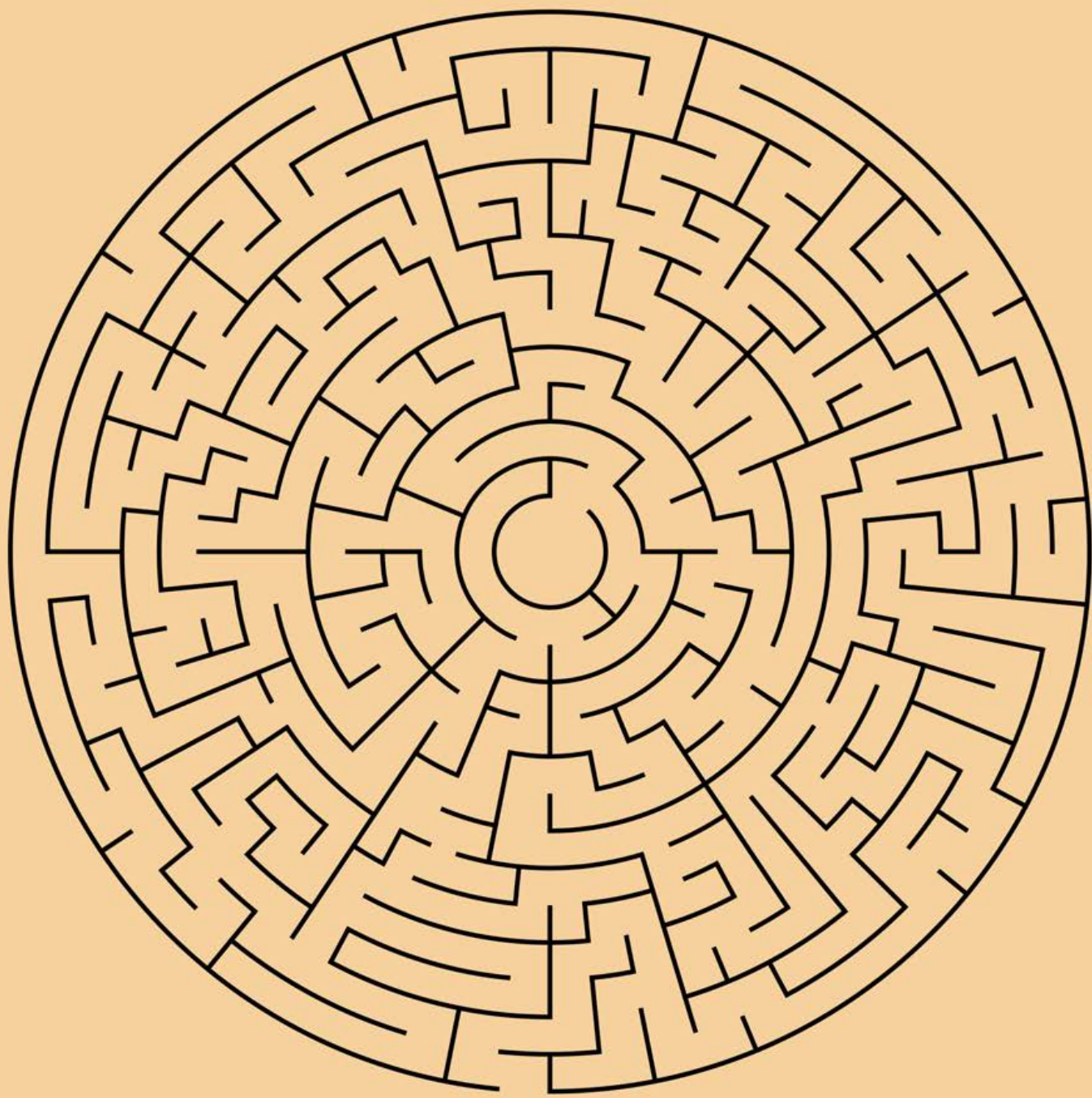
# ZEN WAVES



you cannot stop the waves,  
but you can learn to surf.

-JON KABAT-ZINN

# the MIND LABYRINTH



goal









# SONGS THAT I'VE BEEN REPEATING

A collection of musical notes and symbols scattered around the page, including eighth notes, beamed eighth notes, and a treble clef.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



FIND the

good

in every

MOMENT, OF

every day.



as if you're

**KISSING**

the earth →

WITH YOUR

**FEEET.**





# DOODLES



