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Taking the time every day to write down your thoughts and feelings is a great way to check in with yourself and track your progress over time.

Good morning!		**	
Today, I am gratefu	ıl for	<i>گ</i> ږ	
1			
2			
3			
I will invest my tim	e and energy int	.o	
[
2			
Write your daily a	ffirmation.		
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Write your answers to the prompts below, then use it as a template to create your own personalised daily journal.

	Goodnight!
	Today, these amazing things happened
	Ī
	2
	3
	What could I have done to make today even better?
	What will I improve tomorrow?
I	

At the end of the week, take a moment to sit and reflect. Answer the questions and then use this as a template to track your weeks over time.

What are my current priorities, and did I fulfil them this week?
This week, I spent too much time
This week, I didn't spend enough time
What surprised me this week?

This week, I am grateful for
2
3
Use this space to write any thoughts or feelings that came up throughout the course of the week.
Use this space to celebrate any successes this week.

Set your ambitions for the month ahead and, once the month is complete, reflect on the highs and lows.

Date: 20	
My goals for the month ahead 1	
I will invest my time and energy into	
This month I will make time for	

Use this as a template to track how you feel from month to month and appreciate what you have achieved.

Date:	_ 20
How did I meet my goals this month?	
What went well this month?	
What can I improve for next month?	
This month I am grateful for	
2	
3	

Monthly Reflection On a scale of 0-10, rate yourself in each of the following categories:	(0 = lowest mark, 10 = highest mark)	Use this space to write down your overall thoughts and feelings for the month.
Gratitude		
Happiness		
Friendships		
Physical health		
Work or education		
Fun		
Creativity		
Finances		
Mindfulness		
Mental health		
Free time		
Exercise and movement		