DEVELOPING HEALTHY HABITS

PERSONAL DEVELOPMENT

DAILY READING

SKILL DEVELOPMENT

JOURNALING

CREATIVE EXPRESSION

SELF-CARE

POSITIVE AFFIRMATIONS

DAILY GRATITUDE

SFLE-DICIPLINE

MENTAL AND EMOTIONAL

STRESS MANAGEMENT

DAILY REFLECTION

PRACTICE SELF COMPASSION

SET HEALTHY BOUNDARIES

EMOTIONAL CHECK INS

MEDITATE

CONNECT WITH NATURE

ALTRUISM

PHYSICAL HEALTH

REGULAR EXERCISE

STRENGTH TRAINING

STRETCHING

QUALITY SLEEP

STAY HYDRATED

WALK 10,000 STEPS

REST AND RECOVER

HEALTHY POSTURE

NUTRITIONAL HEALTH

BALANCED MEALS

LIMIT ADDED SUGARS

MEAL PREP

MINDFUL PORTIONS

PRIORITIZE GUT HEALTH

LIMIT CAFFEINE/ALCOHOL

PRIORITIZE WHOLE FOOD

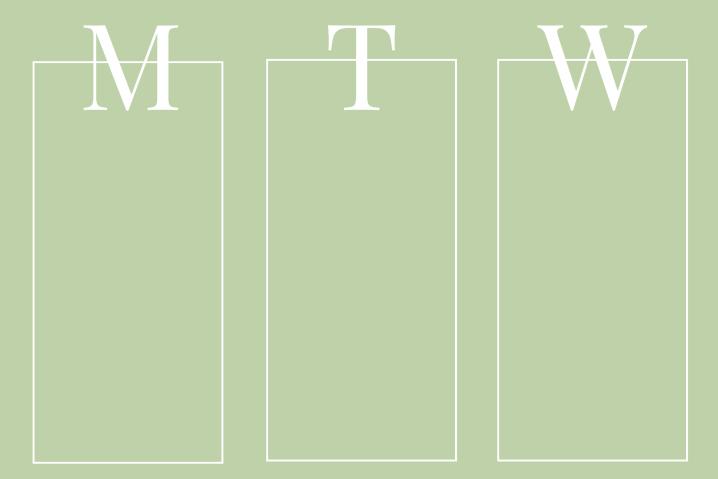
VITAMINS

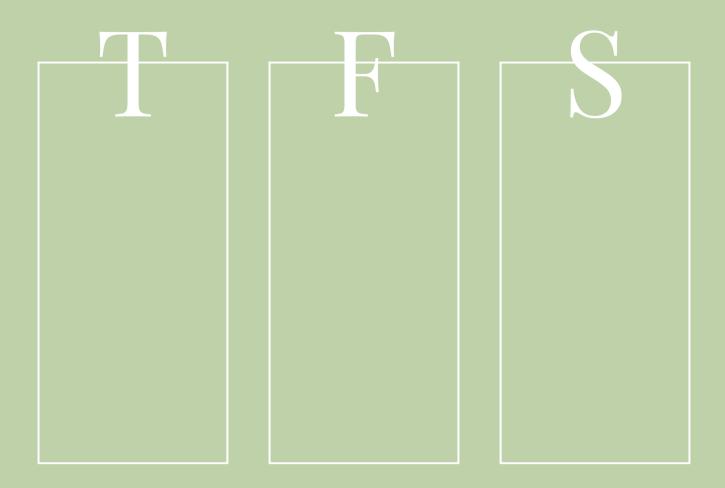
HYDRATE LISTEN ACTIVELY DREAM BIG STRETCH DAILY COMMUNICATE CLEARLY **SET GOALS** STRENGTH TRAIN EMBRACE CHANGE SHARE OPENLY CARDIO EXERCISE **SET BOUNDARIES** TAKE RISKS WALK FREQUENTLY SCHEDULE CHECK-INS PRACTICE CURIOSITY EAT NUTRIENT-DENSE APPRECIATE OTHERS SEEK FEEDBACK **MEAL PREP** PRIORITIZE CONNECTION CULTIVATE DISCIPLINE SLEEP DEEPLY **APOLOGIZE SINCERELY** CELEBRATE WINS **REST ADEQUATELY** SUPPORT SELFLESSLY **BUILD RESILIENCE** POSTURE CHECK **BUILD TRUST** STAY OPEN MEDITATE REGULARLY **BUDGET MONTHLY** PRAY REGULARLY **JOURNAL THOUGHTS** SAVE CONSISTENTLY FIND PURPOSE PRACTICE GRATITUDE **INVEST WISELY** PRACTICE STILLNESS LIMIT OVERTHINKING TRACK EXPENSES CONNECT DEEPLY **FOCUS INTENTIONALLY AVOID DEBT** SEEK WISDOM **READ OFTEN** EARN STRATEGICALLY SERVE OTHERS LEARN CONTINUOUSLY SPEND MINDFULLY SHOW GRATITUDE SIMPLIFY PRIORITIES PLAN GOALS TRUST FULLY **BREAK TASKS** REFLECT ETERNALLY REVIEW REGULARLY **BREATHE DEEPLY** GIVE GENEROUSLY **ALIGN VALUES** FFFL FULLY PLAN DAILY **DECLUTTER SPACES FORGIVE FREELY** ORGANIZE SPACES RECYCLE CONSISTENTLY EXPRESS HONESTLY **FOCUS DEEPLY** CONSERVE ENERGY SEEK THERAPY START EARLY GO GREEN REFLECT OFTEN MINIMIZE DISTRACTIONS **REDUCE WASTE** NAME EMOTIONS PRIORITIZE TASKS CLEAN REGULARLY PRACTICE COMPASSION **BATCH WORK** ORGANIZE BELONGINGS **CULTIVATE JOY** TAKE BREAKS PLANT TREES RELEASE NEGATIVITY REFLECT PROGRESS SIMPLIFY LIVING **CELEBRATE PROGRESS** FINISH COMPLETELY SUPPORT NATURE **EXPLORE OUTDOORS** LAUGH FREELY **ENJOY MUSIC** TRY HOBBIES DANCE OFTEN SAVOR MOMENTS **PLAY GAMES CREATE ART LIVE FULLY**

WALK IN NATURE

WHO DO I WANNA BE

WHAT ROLES OR LABELS THAT OTHERS/MYSELF HAVE ATTACHED TO ME THAT I NEED TO RELEASE FOR MY PERSONAL GROWTH?
WHAT WOULD I DO IF MONEY, TIME, OR FEAR WEREN'T LIMITING FACTORS?





NEXT WEEK GOALS

END OF THE WEEK SELF-REFLECTION

WHAT'S THE BIGGEST LESSON I'VE LEARNED FROM LIFE THIS WEEK?
WHAT HABITS OR THOUGHT PATTERNS ARE HOLDING ME BACK FROM THE PERSON I WANT TO BE?

FREE YOUR THOUGHTS