|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | | habit tracker | |  | brain dump list |
|  | | | wake up before 8 |  |  |
|  | | | |  |
| eat healthy food |  | | |  |
|  | | | |  |
|  | | | drink enough water |  |
|  | | | |  |
| read a book |  | | |  |
|  | | | |  |
|  | | | meet with friends |  |
|  | | | |  |
| save money |  | | |  |
| notes | | | |  |
|  | | | |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| month in review | |  |  | |
| — BEST — | — WORST — |  |  | |
|  |  |  |  | |
| GOALS | MOOD |  | social posts | music |
| mood log | |
| goals | books |
| HABITS | SLEEP |  |  | |
|  |  |  |  | |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| thoughts to keep in mind |  |  |  | gratitude log |  |
|  | |  |  | | |
|  |  | | |
|  | | |