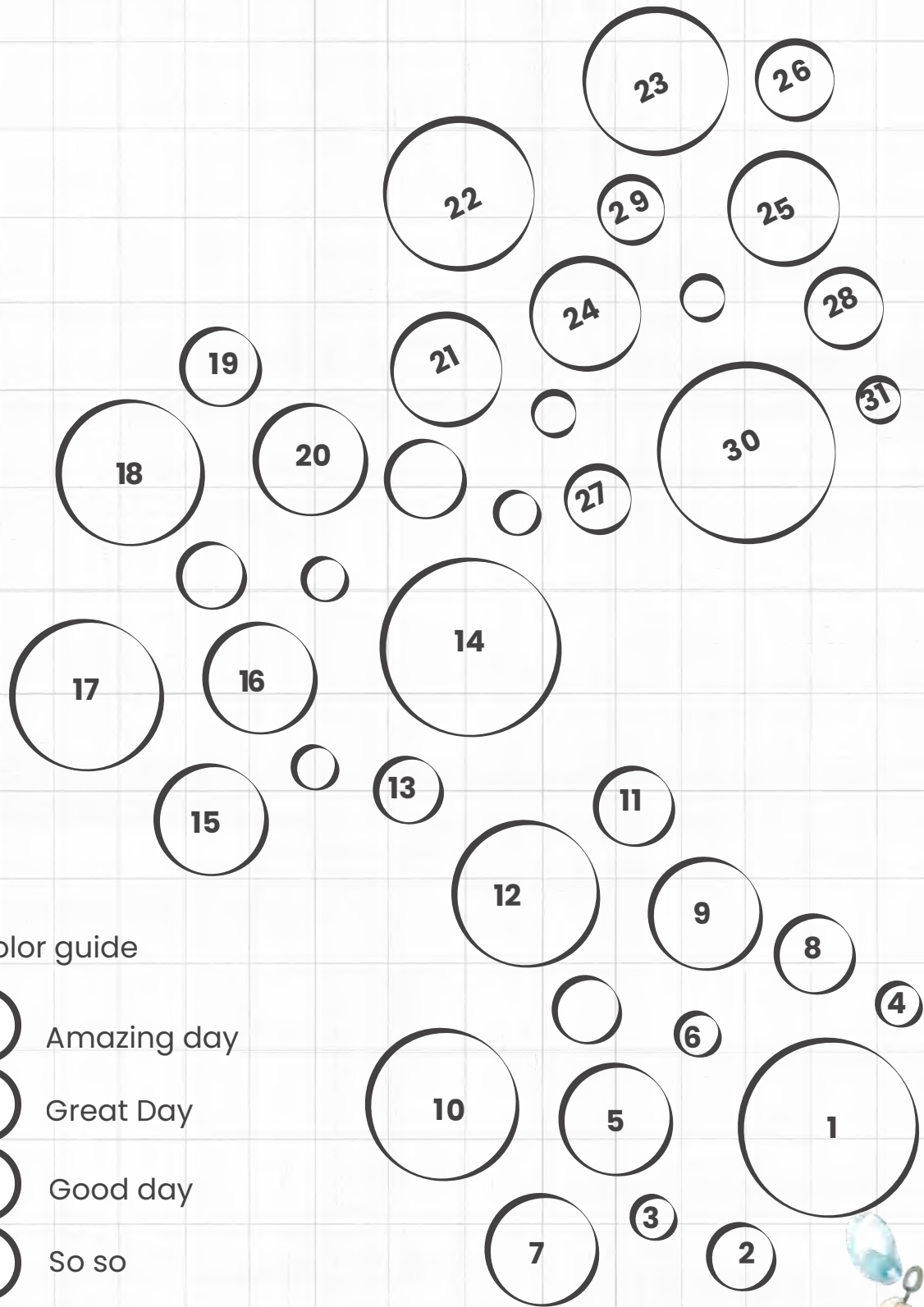


# Joy Tracker

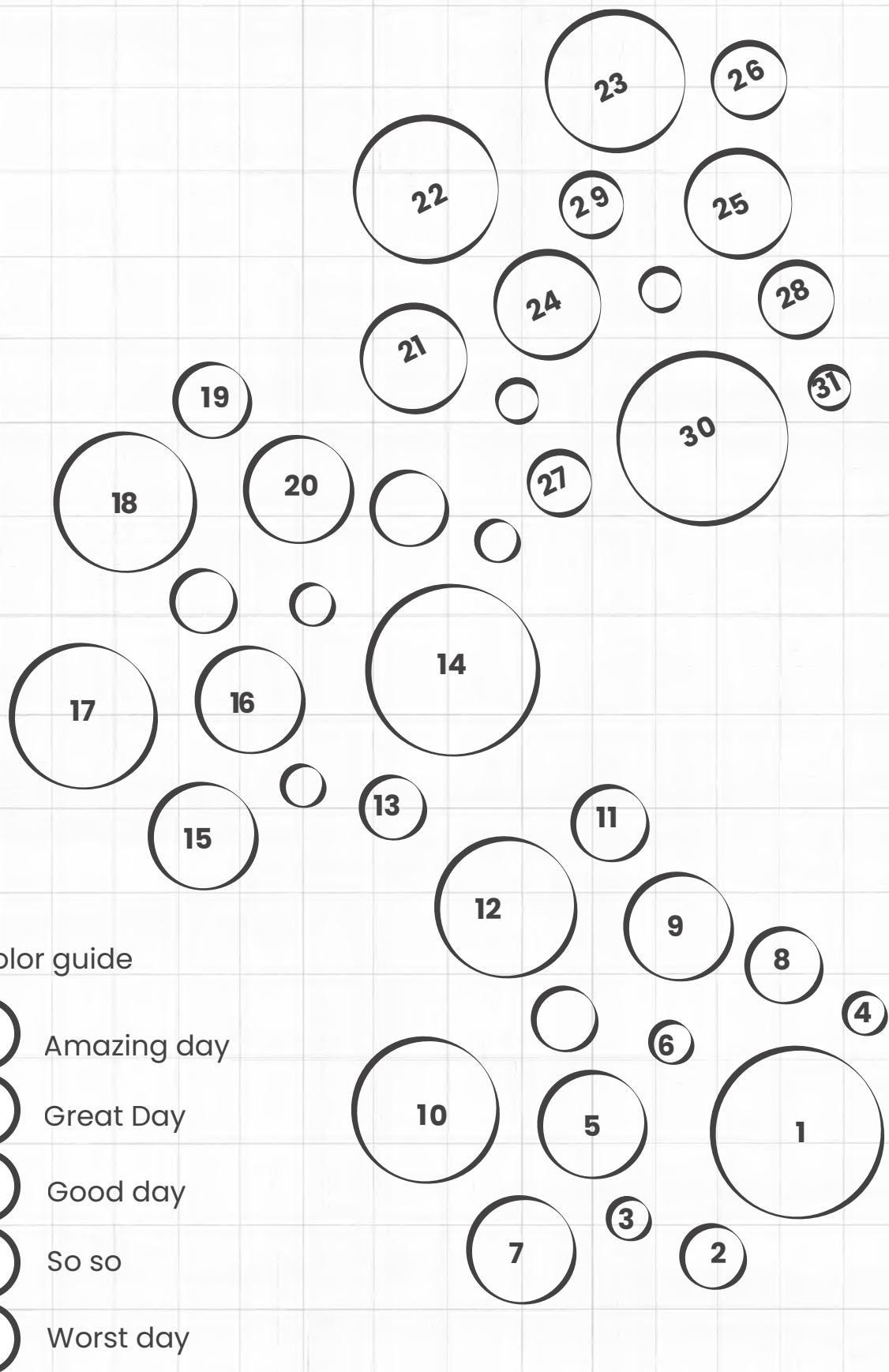


## Color guide

-  Amazing day
-  Great Day
-  Good day
-  So so
-  Worst day



# Joy Tracker

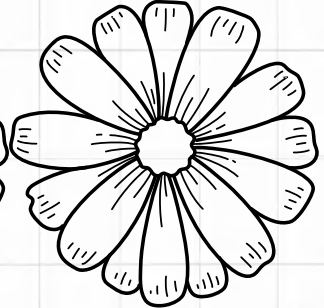
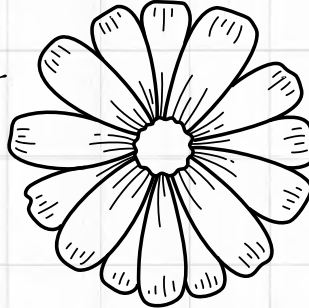


# Habit Tracker

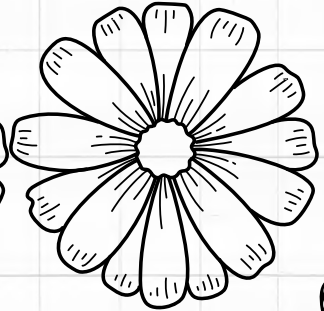
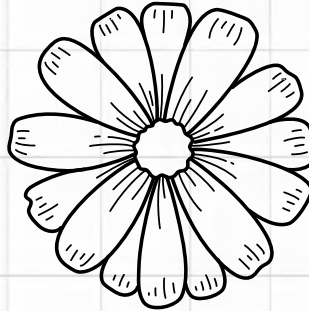
*Color each petal everyday when you did you new habit and see them bloom with you*

*Habit*

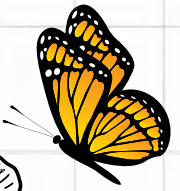
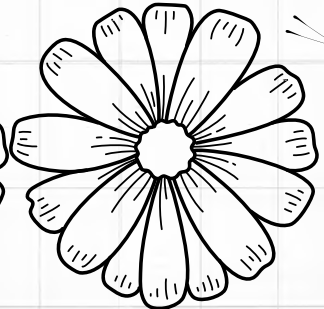
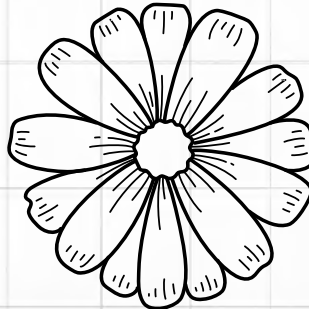
1



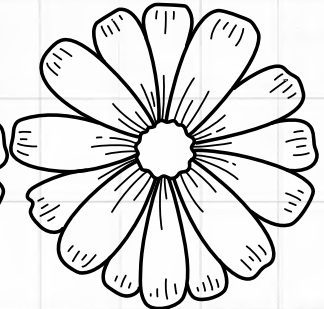
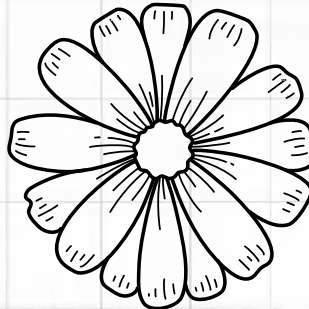
2



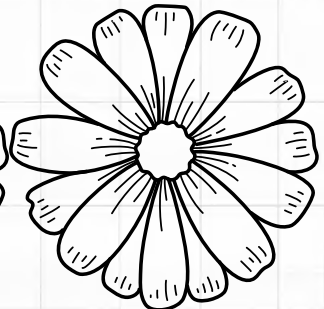
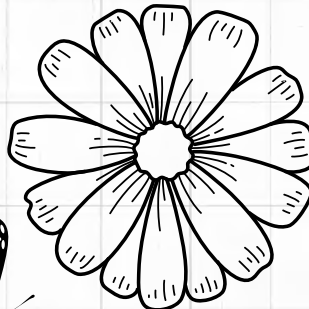
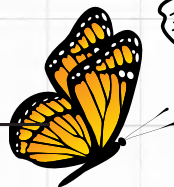
3



4



5



# Habit Tracker

*Shade each squares after taking an action on a habit*

Habit

A circular habit tracker chart designed for tracking progress over 31 days. The chart is divided into 31 numbered segments, each representing a day of the month. The segments are arranged in a circular pattern, with numbers 1 through 31. Each segment is further divided into five concentric rings, creating a grid of squares. The outermost ring is labeled with numbers 1 through 5, corresponding to the rings. The inner rings are unlabeled. The chart is set against a light gray grid background.

**IT'S**  
*always*  
**SEEMS**  
**IMPOSSIBLE**  
*until IT'S*  
**DONE**



# IDEAL WEEKLY PLAN

Week of: \_\_\_\_\_ to \_\_\_\_\_

Commitment Statement: \_\_\_\_\_

| DAY       | MON | TUE | WED | THU | FRI | SAT | SUN |
|-----------|-----|-----|-----|-----|-----|-----|-----|
| Morning   |     |     |     |     |     |     |     |
| Midday    |     |     |     |     |     |     |     |
| Afternoon |     |     |     |     |     |     |     |
| Evening   |     |     |     |     |     |     |     |
| Wind-down |     |     |     |     |     |     |     |

**Guide: Block time for meals, movement, rest, work, self-care and relationship**

# IDEAL WEEKLY PLAN

Week of: \_\_\_\_\_ to \_\_\_\_\_

Commitment Statement: \_\_\_\_\_

| DAY       | MON | TUE | WED | THU | FRI | SAT | SUN |
|-----------|-----|-----|-----|-----|-----|-----|-----|
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| Midday    |     |     |     |     |     |     |     |
| Afternoon |     |     |     |     |     |     |     |
| Evening   |     |     |     |     |     |     |     |
| Wind-down |     |     |     |     |     |     |     |

**Guide: Block time for meals, movement, rest, work, self-care and relationship**



# Weekly Priorities

Take care  
of yourself  
first

10 things I want to do this week

|   |  |
|---|--|
| ● |  |
| ● |  |
| ● |  |
| ● |  |
| ● |  |
| ● |  |
| ● |  |
| ● |  |
| ● |  |
| ● |  |

Top 3 important things

|   |  |
|---|--|
| ● |  |
| ● |  |
| ● |  |

I matter

Important but flexible

|   |  |
|---|--|
| ● |  |
| ● |  |
| ● |  |

Delegate

|   |  |
|---|--|
| ● |  |
| ● |  |
| ● |  |

Energy Boosting Activity

|       |
|-------|
| ----- |
| ----- |
| ----- |
| ----- |

What's one thing I will let go this week: -----

do it for you

# Weekly Priorities

*10 things I want to do this week*

- Orange circle, orange bar
- Yellow circle, yellow bar
- Orange circle, orange bar
- Yellow circle, yellow bar
- Orange circle, orange bar
- Yellow circle, yellow bar
- Orange circle, orange bar
- Orange circle, orange bar
- Yellow circle, yellow bar
- Orange circle, orange bar

*Top 3 important things*

- Blue dot, blue outline box
- Green dot, green outline box
- Orange dot, orange outline box

*Important but flexible*

- Blue dot, blue outline box
- Green dot, green outline box
- Orange dot, orange outline box

*Energy Boosting Activity*

-----

-----

-----

-----

*Delegate*

- Blue dot, blue outline box
- Green dot, green outline box
- Orange dot, orange outline box

*What's one thing I will let go this week:* -----