
*"Stay inspired.
Never stop creating."*

SETTING YOUR GOALS

Goal 1:

What positive changes do I want to see in my life?

Goal 2:

What affirmations do I want to use to empower myself?

Goal 3:

What am I grateful for?

Goal 4:

What obstacles do I want to transform into opportunities?

SETTING YOUR GOALS

Goal 4:

Do I have trouble to live more in the moment?

Goal 5:

What do I want to change in my mindset in the face of challenges?

Goal 6:

What are my achievements that I am proud of?

Goal 7:

What new things do I want to learn or discover?

MANTRA FOR THE DAY

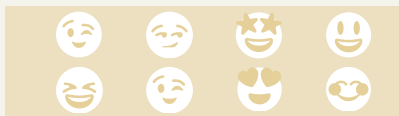
MANTRA:

SOMETHING THAT INSPIRES ME:

3 THINGS I ACCOMPLISHED:

THE IMPACT OF THE MANTRA:

TODAY I FEEL:



TODAY'S RATING:



NOTES

A series of 25 horizontal dotted lines for writing notes.

MANTRA FOR THE DAY

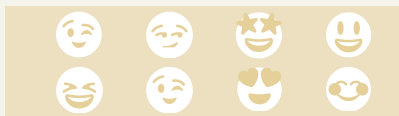
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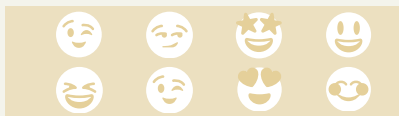
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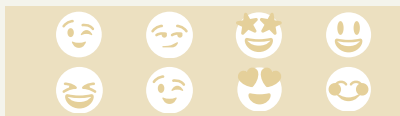
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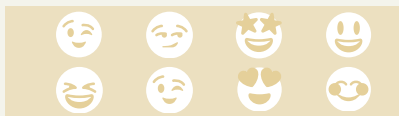
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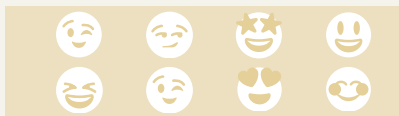
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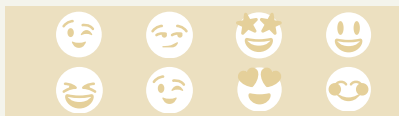
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WEEKLY CHECK IN

top 3 things i did this week

-
-
-

this week i felt.




Next week i want to

Things i accomplished this week

most rewarding interaction i had this week

what was the best thing about the week?

my ranking of the week



NOTES

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“In the verses of each
day, find the
resonance of
resilience.”

MANTRA FOR THE DAY

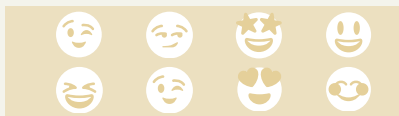
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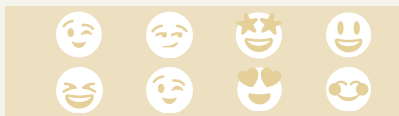
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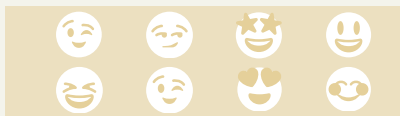
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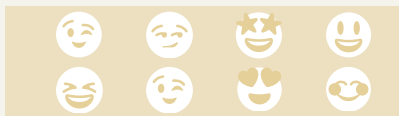
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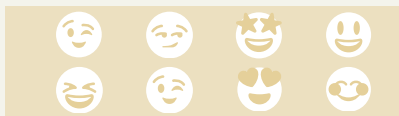
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