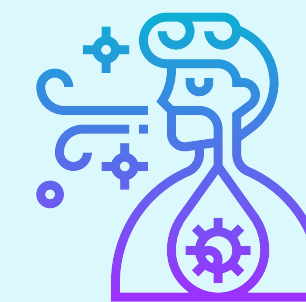




2021 Feel Good Goals



help
it's ok to ask for
be kind to myself
I am worthy
I believe in myself

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
It brings me joy	It brings me joy	It brings me joy	It brings me joy	It brings me joy	It brings me joy
It helps me feel better	It helps me feel better	It helps me feel better	It helps me feel better	It helps me feel better	It helps me feel better
JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
It brings me joy	It brings me joy	It brings me joy	It brings me joy	It brings me joy	It brings me joy
It helps me feel better	It helps me feel better	It helps me feel better	It helps me feel better	It helps me feel better	It helps me feel better

I am worthy of growth
I am worthy of love
my voice is important