

SELF-GROWTH JOURNAL

HOW DO YOU FEEL TODAY?

WHAT PROGRESS
DID YOU MAKE?

WHAT COULD
YOU DO BETTER?

WHAT PROGRESS
DID YOU MAKE?

WHAT COULD
YOU DO BETTER?

DRAW YOUR FEELING

WEATHER

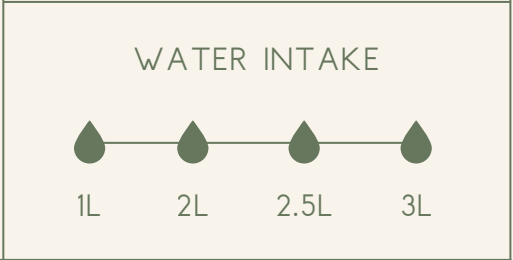
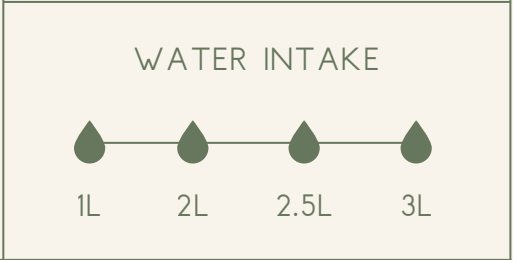
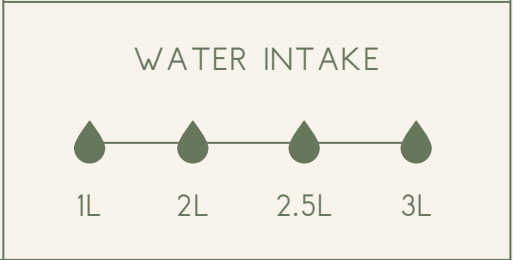
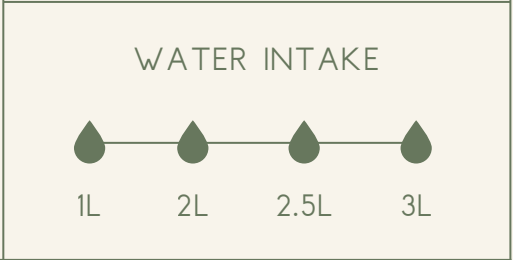




WATER INTAKE

A horizontal number line with four points marked by water droplets. Below each droplet is a label: 1L, 2L, 2.5L, and 3L.

Point	Label
1	1L
2	2L
3	2.5L
4	3L



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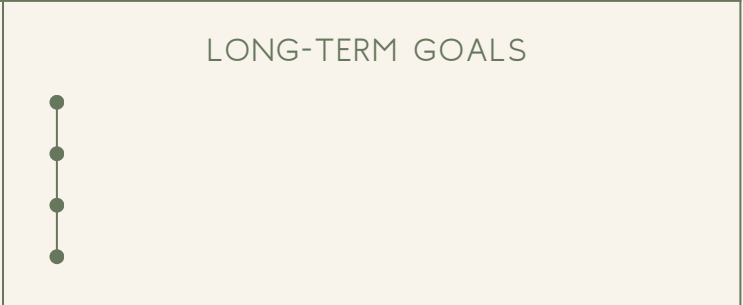
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SHORT-TERM GOALS



LONG-TERM GOALS



HABIT TRACKER

[illegible]