

MY WELL-BEING RESET

Choose 2-4 small habits that support your well-being. This is not a streak. It is information.

PICK YOUR HABITS

Examples: 10-minute walk • eat breakfast • drink water • 5-minute wind-down • step outside • journal • stretch • ask for help

Habit 1: _____ Habit 2: _____ Habit 3: _____ Habit 4: _____

DAY	HABIT 1	HABIT 2	HABIT 3	HABIT 4
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Aim for awareness, not perfection. Missed days do not erase your progress. Notice what helps, adjust what does not, and begin again.