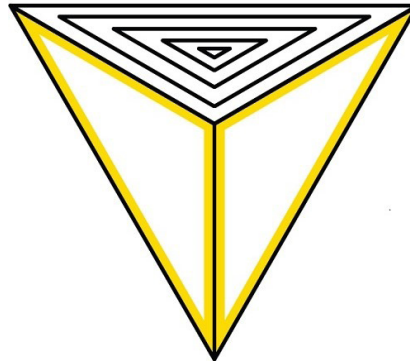


Dates: _____

Write an affirmation: _____

* Remember to keep it positive!



Three things i'm grateful for: _____

✨ **This week is going to be:** _____ (Claim it!)

Monday

Work #1 _____

Work #2 _____

Self-care _____

Fun _____

Gratitude _____

Tuesday

Work #1 _____

Work #2 _____

Self-care _____

Fun _____

Gratitude _____

Wednesday

Work #1 _____

Work #2 _____

Self-care _____

Fun _____

Gratitude _____

Thursday

Work #1 _____

Work #2 _____

Self-care _____

Fun _____

Gratitude _____

Friday

Work #1 _____

Work #2 _____

Self-care _____

Fun _____

Gratitude _____

Saturday/Sunday
