

# Week At A Glance

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TUE

WED

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SUN

NOTES



# Month At A Glance

Monthly Focus

Tasks

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Birthdays

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Events

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Important Appointments

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Notes

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Monthly Goals

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# Let Go...

Write down things you want to let go of

Say "no" to..

No more...

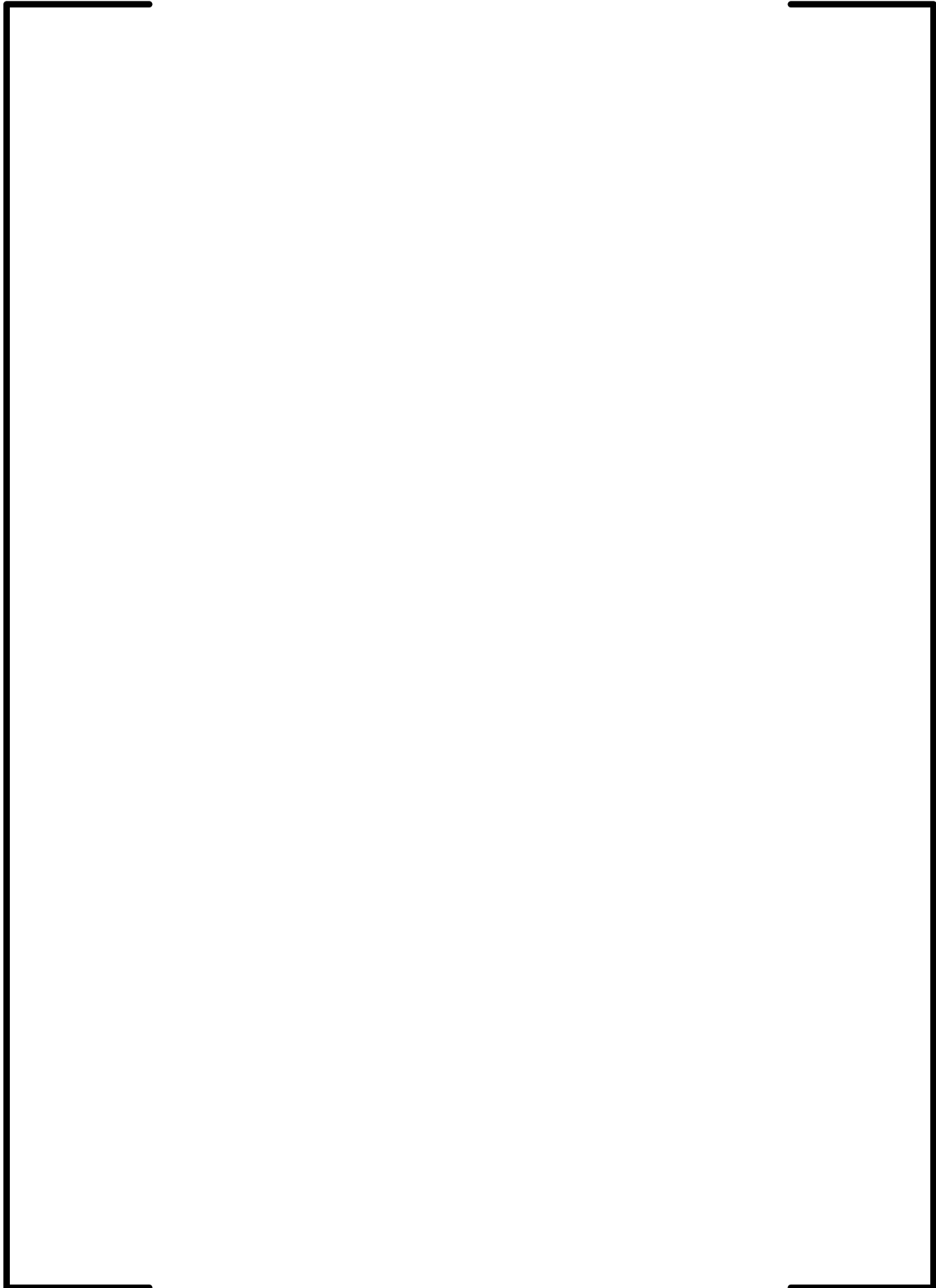
Goodbye to...

Let go of...



# Visualize A Happier You

Use the space below to draw a more happier and confident you

A large, empty rectangular box with a black border, intended for drawing a visualization of a happier and more confident self.



# Goals Tracker

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# My Goals Tracker

MY GOAL

WHY DO  
YOU WANT IT?

ACTION STEPS

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# My One Year Goals

January

February

March

April

May

June

July

August

September

October

November

December



# My Three Month Goals

My Three Month Goals

Month One

Month Two

Month Three



# Feelings, Behaviors, and Thoughts Tracker

Event/Situation

Feelings

Behaviors

Outcomes




# 30 Days of Kindness

List an act of kindness for each day, and check it off once completed

Day 1: \_\_\_\_\_ ♥

Day 2: \_\_\_\_\_ ♥

Day 3: \_\_\_\_\_ ♥

Day 4: \_\_\_\_\_ ♥

Day 5: \_\_\_\_\_ ♥

Day 6: \_\_\_\_\_ ♥

Day 7: \_\_\_\_\_ ♥

Day 8: \_\_\_\_\_ ♥

Day 9: \_\_\_\_\_ ♥

Day 10: \_\_\_\_\_ ♥

Day 11: \_\_\_\_\_ ♥

Day 12: \_\_\_\_\_ ♥

Day 13: \_\_\_\_\_ ♥

Day 14: \_\_\_\_\_ ♥

Day 15: \_\_\_\_\_ ♥

Day 16: \_\_\_\_\_ ♥

Day 17: \_\_\_\_\_ ♥

Day 18: \_\_\_\_\_ ♥

Day 19: \_\_\_\_\_ ♥

Day 20: \_\_\_\_\_ ♥

Day 21: \_\_\_\_\_ ♥

Day 22: \_\_\_\_\_ ♥

Day 23: \_\_\_\_\_ ♥

Day 24: \_\_\_\_\_ ♥

Day 25: \_\_\_\_\_ ♥

Day 26: \_\_\_\_\_ ♥

Day 27: \_\_\_\_\_ ♥

Day 28: \_\_\_\_\_ ♥

Day 29: \_\_\_\_\_ ♥

Day 30: \_\_\_\_\_ ♥



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*Hello*  
**Early  
Bird**

for Gentle Frog, LLC



**Gentle Frog**

