

THIS WEEK OF THE HOLIDAYS...

Every day I will...

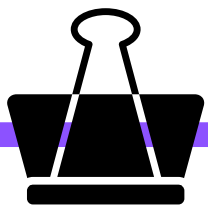
Pick 3-5 things you will do each day of your routine this week

I will wake up at...

3 things I am grateful for this week

-
-
-

What made me feel proud this week?



My Summer Bucket List

Weekly Balance Tracker

What is something in each category you will do this week?



Growth:

eg. reading, learning or trying something new



Mental Health:

eg. downtime, mindfulness, journalling, rest



Responsibility:

eg. chores, errands, helping out



Social:

eg. friends, family time, connecting with others



Movement:

eg. walks, workout, sports



Creativity:

eg. art, music, writing, making or creating



Find some more ideas here

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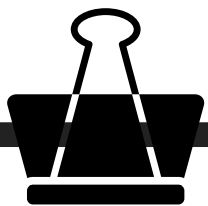
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-
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-

What made me feel proud this week?

What do I want to do differently next week?



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