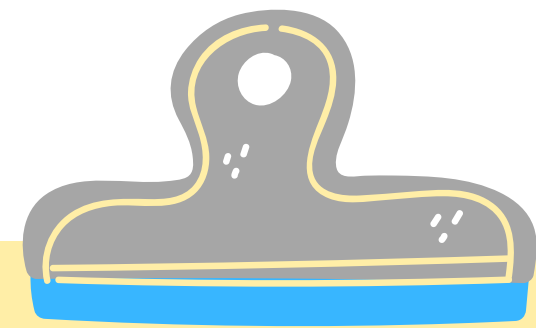


Date: _____ I've consistently kept my healthy reflection habit for _____ days

DTD Challenge: _____

Reflection: _____



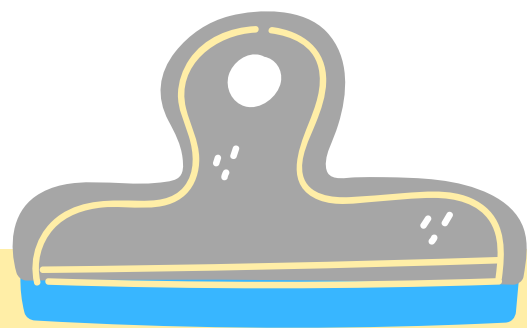
Challenge Completed Today



YES



NO



Personal Goals Completed Today



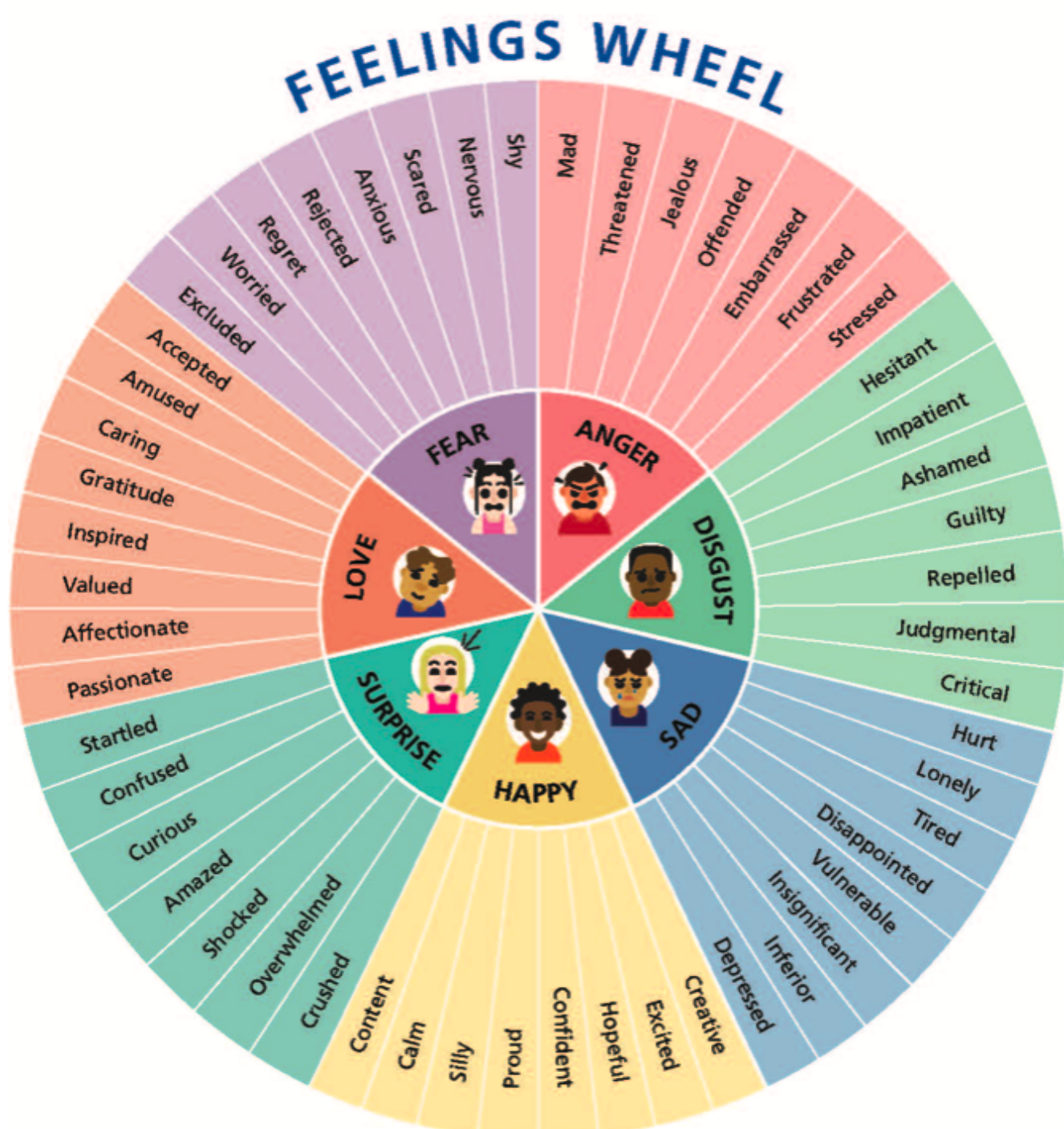
YES



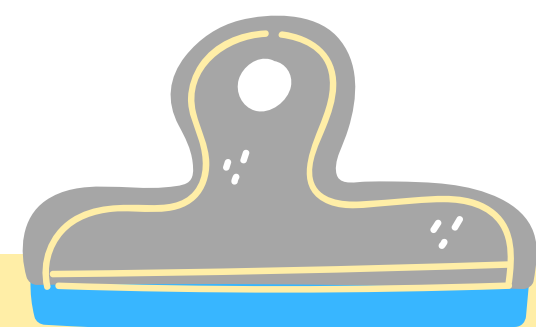
NO

Personal Goals: _____

Reflection: _____



Pro Tip: You're allowed to feel multiple emotions
*Feeling Wheel Source: Intermountain Hospital



Today's Positive Affirmation

Daily Challenge Habit Tracker:

*Color in the sun or write in the number for each challenge completed

