

Habit tracker





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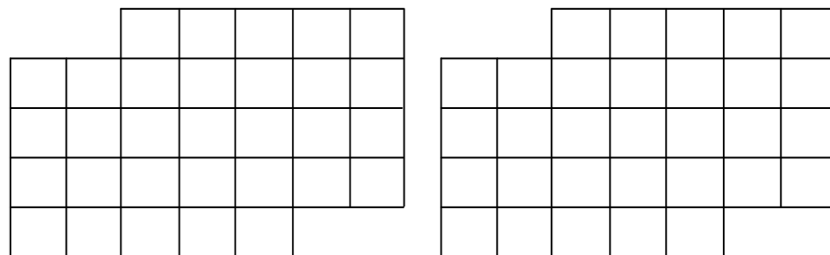
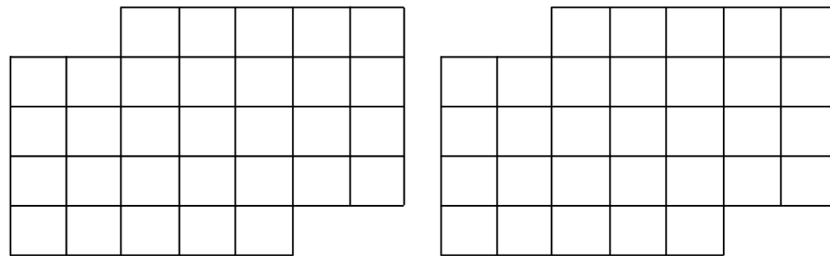


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What if I am strong and confident?

1 June 22

That made me smile today:

cuddling with my cat and getting purred at

Love message - that's what I want to tell myself today:

I am so proud of you. You will get everything you wish for today

Vault for my thoughts

Am I good enough?

↳ Who is deciding?

↳ are you happy?

I look forward to that tomorrow:

Gaming night

You'll find extra pages to paint, collect pictures and stickers, as well as a place for exciting or inspirational quotes that would otherwise be forgotten.

In order to not lose track, grab a few sticky notes to mark the extra pages.

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