



MY WEEK:



★ do this first:

MONDAY
★

more tasks:

I am capable and prepared

TUESDAY
★

Mistakes are learning opportunities

WEDNESDAY
★

Focus on what's going right

THURSDAY
★

I am good enough

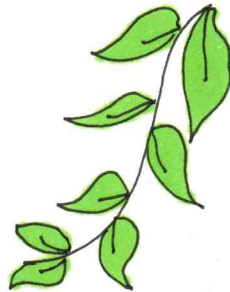
FRIDAY
★

Inhale positive, exhale negative

HABIT TRACKER						
Task						
M						
T						
W						
T						
F						

SAT / SUN

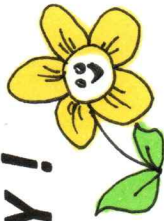
I am allowed to take breaks



Wade



BEE HAPPY!



Wade

