



**HEALTHY
JOURNEY**
journal



Self-Love Actions

Sunday	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Monday	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Tuesday	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Wednesday	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Thursday	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Friday	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Saturday	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

Healthy Meals

	Breakfast	Lunch	Dinner	Snacks
Sunday	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
Monday	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
Tuesday	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
Wednesday	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
Thursday	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
Friday	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
Saturday	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>

Sunday Reflections

How I felt about my healthy journey today...

***Sunday's Mantra: My health matters to me.
I treat my physical and mental wellbeing as a top priority.***

Tuesday Reflections

How I felt about my healthy journey today...

Tuesday's Mantra: Today, I continue to embrace the value of maintaining good health.

Saturday Reflections

How I felt about my healthy journey today...

***Saturday's Mantra: I take the time to connect to that deeper place.
It allows me to have true peace and accept myself as I am.***
