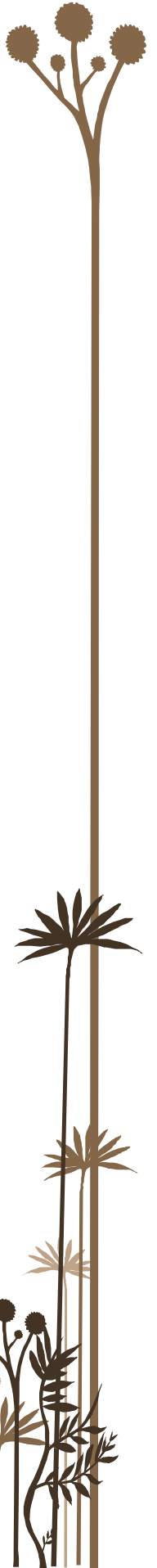


February

2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	29	30	31	1 What is a habit you're beginning this month?	2 What are your most endearing strengths?	3 What is your favorite relaxing activity? GIF
4 What is your daily mantra?	5 What is your favorite thing about yourself?	6 What is something you are trying to achieve?	7 What is your favorite thing to cook?	8 How can you set better boundaries?	9 What is your ideal day like?	10 What are you currently needing?
11 How can you increase your happiness?	12 What is one quality you love about yourself?	13 What is something you excel at?	14 How can you give yourself a break? GIF	15 When was the last time you meditated?	16 What was the last self care act you did?	17 What are you currently wanting?
18 Where is your happy place? GIF	19 What/Who inspires you?	20 What is the nicest thing someone has ever said to you?	21 What is something you are grateful for?	22 What are you eating?	23 What do you want to be remembered for?	24 What are your positive qualities?
25 What do you want to do in life?	26 Who appreciates you?	27 What are you listening to?	28 What song do you listen to to make you feel better?	1	2	3
4	5	6	7	8	9	10

Notes:

