

monday monday monday monday monday next

tuesday tuesday tuesday tuesday tuesday next

wednesday wednesday wednesday wednesday next

thursday thursday thursday thursday thursday

friday friday friday friday friday next

saturday saturday saturday saturday saturday

sunday sunday sunday sunday sunday sunday

morning morning morning morning goals

afternoon afternoon afternoon afternoon

evening evening evening evening

weekend weekend weekend weekend

today today today today

tomorrow tomorrow tomorrow tomorrow

this week this week this week this week

next week next week next week next week

remember remember remember remember to buy goals

important important important important to buy goals

stuff to do stuff to do stuff to do stuff to do to buy goals

priority priority priority priority to buy goals

shopping list shopping list shopping list lockdown lockdown

going places going places start here end here my happy place

skin care routine skin care routine adventure adventure

to do to do to do to do to do to do tracker tracker tracker

journal journal journal journal

M T W T F S S

let's do this mood tracker

january	january	january	last year	west
february	february	february	this year	
march	march	march	next year	
april	april	april	memories	south
may	may	may	beautiful	east
june	june	june		
july	july	july	i am fabulous	north
august	august	august	best day ever	
september	september	september	you are here	
october	october	october	hey there	#
november	november	november	health	&
december	december	december	wealth	
spring	spring	spring	happiness	😊
summer	summer	summer	2020	2021
autumn	autumn	autumn	2022	2023
fall	fall	fall	key	key
winter	winter	winter	key	key
halloween	eid	family		
christmas	easter	friends		
holiday	diwali	sleep		
happy	hannukah			



remember

remember

self-care

self-care

i am grateful for...

#

books to read

yes

books i've read

hello

let's do this



no

daily gratitude

happy affirmation

vacay!

vaccinated!

glow up

goals

#selfie

goals

I am grateful for _____

date

beautiful things
come together
one stitch
at a time

it always seems
impossible until it's
done

when life gives
you scraps
make a quilt

today will be a
good day

create something
every day

create
something
new



do what you
love

the little things

crafting forever
housework whenever

see the
world

handmade
with love

get it
DONE!

bloom
where you
are planted

up &
at 'em

Oh
WOW!

*today was
a great day*

happiness is a full
bobbin

homemade

goals

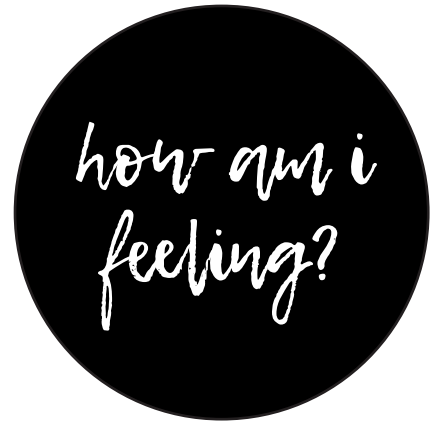
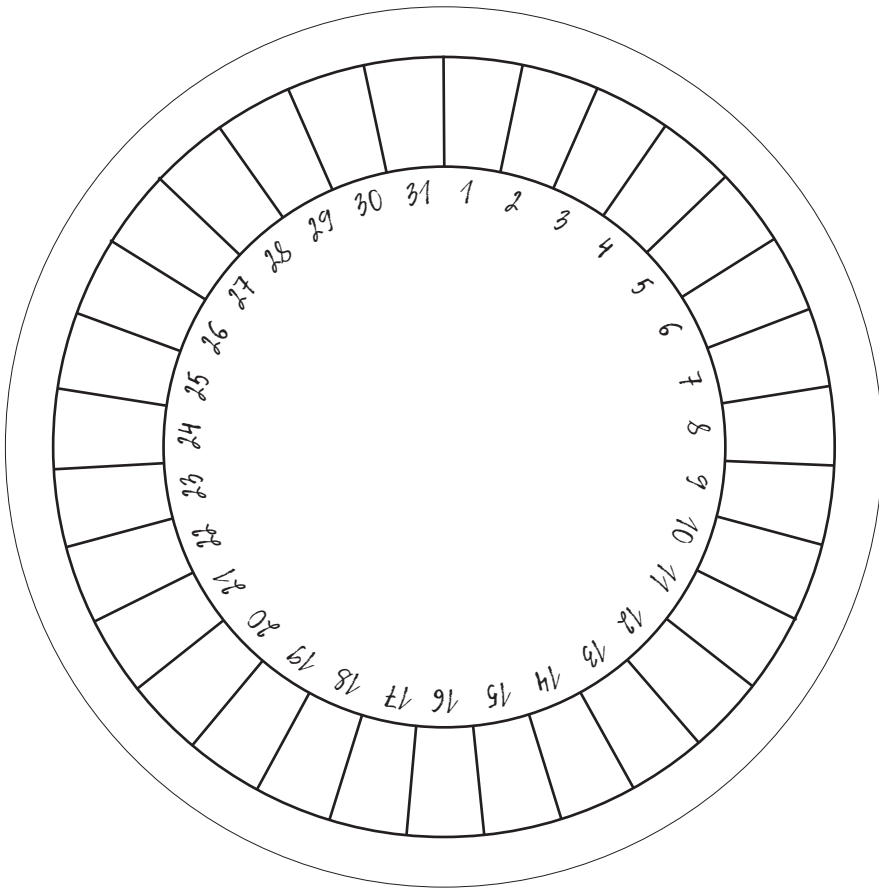
goals

goals

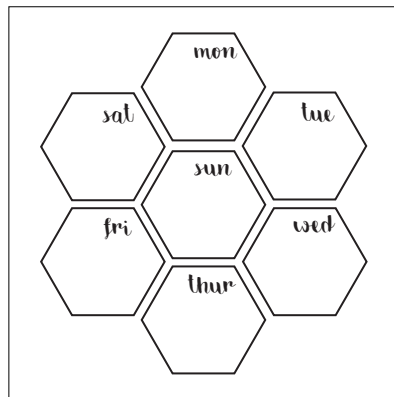
hello

handmade

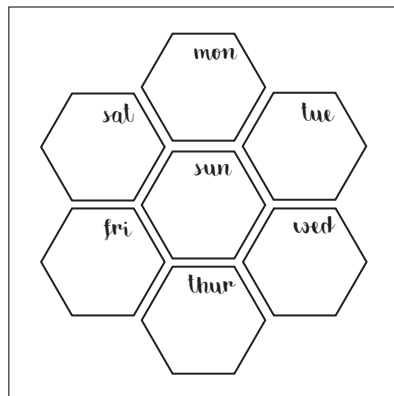




key



key

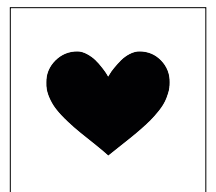


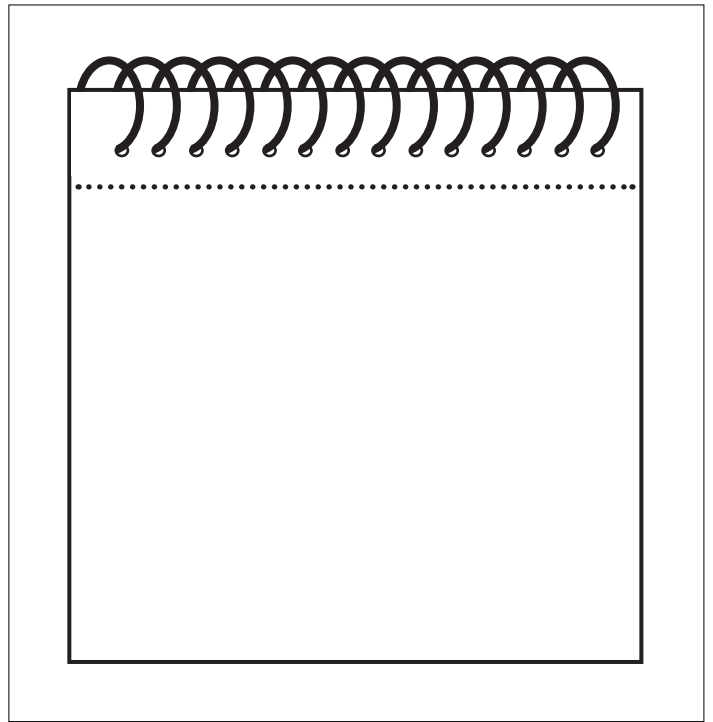
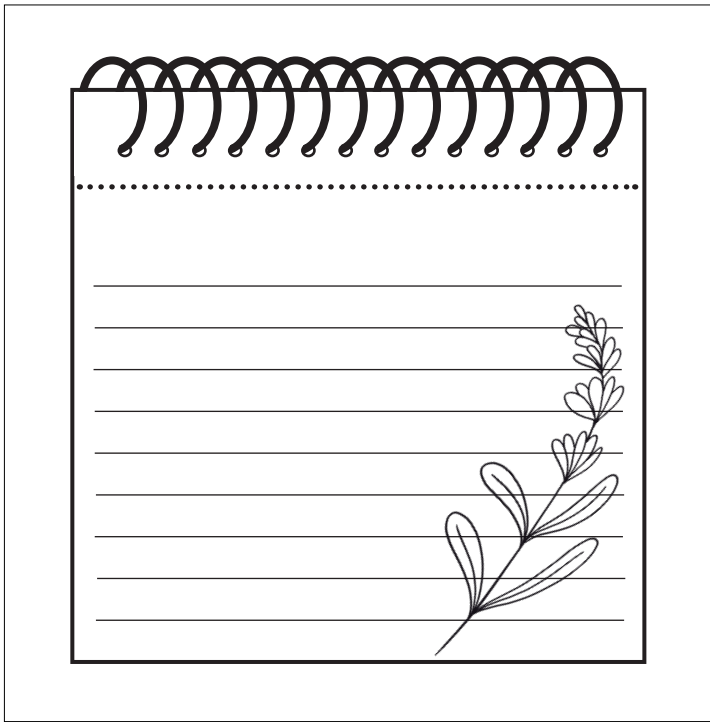
key

M T W T F S S

M T W T F S S

M T W T F S S






today, I am grateful for

.....

.....

.....



date

date

date

date

date

daily gratitude

daily gratitude

remember

remember



remember

self-care

i am grateful for...

books to read

books i've read

daily gratitude

vaccinated!

grow up

goals

goals

remember

self-care

#

yes

hello

happy affirmations

I am grateful for

date

Large lined writing area with a spiral binding on the left side.

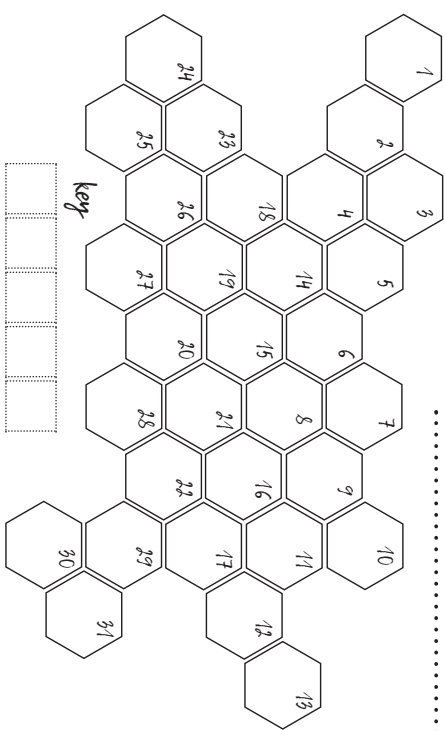
let's do this



no

vaccy!

Journal page with a spiral binding, a date line, and a drawing of a lavender plant at the bottom.



gratitude log

sleep tracker

habit tracker

self-care tracker

mood tracker

break the habit

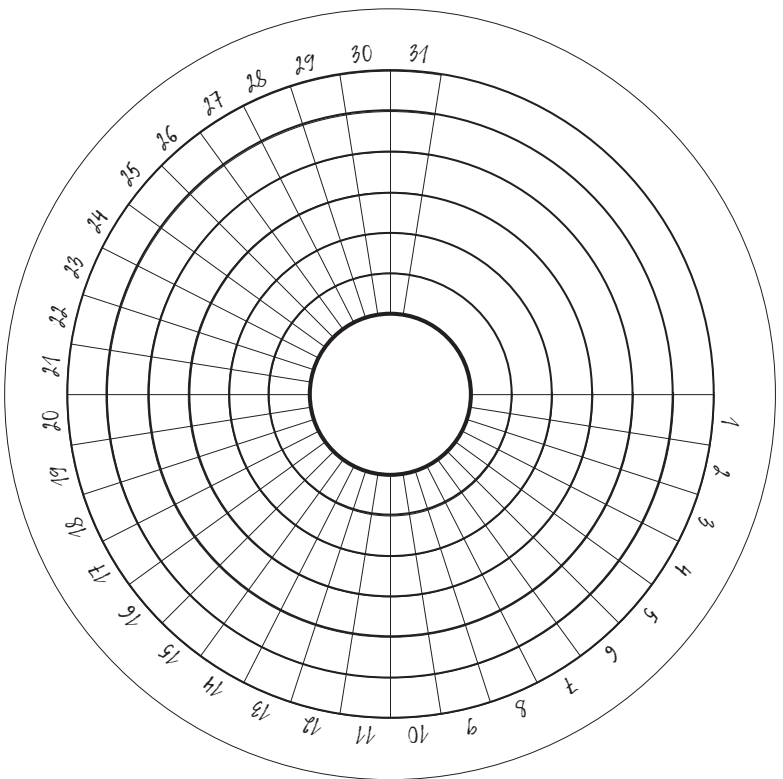
wellness journal

fitness tracker

music practice

Journal page with a spiral binding and a drawing of a lavender plant at the bottom.

Journal page with a spiral binding and a dotted line for a header.

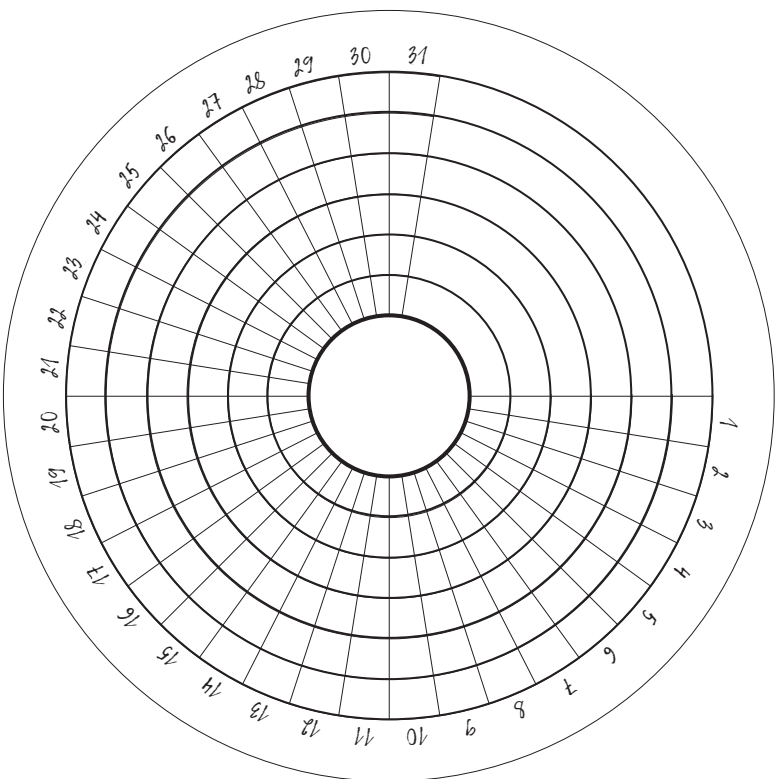


goals

you get this

self-care

workout



goals

you get this

self-care

workout

jan

feb

mar

apr

may

june

jan

feb

mar

apr

may

june

july

aug

sept

oct

nov

dec

july

aug

sept

oct

nov

dec

I am grateful for _____

date _____

I am grateful for _____

date _____

I am grateful for _____

date _____
