

Work Mood Tracker



Affirmations

| | | | | |
|---|---|---|---|---|
| ○ | ○ | ○ | ○ | ○ |
| ○ | ○ | ○ | ○ | ○ |
| ○ | ○ | ○ | ○ | ○ |
| ○ | ○ | ○ | ○ | ○ |
| ○ | ○ | ○ | ○ | ○ |
| ○ | ○ | ○ | ○ | ○ |

- ✓ I Love the Feeling after I have exercised.
- ✓ I'm taking small steps towards success.
- ✓ I don't care how others perceive my body.
- ✓ I accept my body and recognize it's beauty.
- ✓ I'm making the right choices with my health in mind.
- ✓ I take time to think before giving into cravings.
- ✓ I eat slow to give my body time
- ✓ I Choose Food that's Good For My Body.
- ✓ I am losing weight because I want to.
- ✓ I don't Compare Myself to Other; I Have My Own Journey
- ✓ I am Aware that Losing Weight Takes Time.
- ✓ I AM Capable of Achieving Anything I want.

Happy
Relaxed
Content



Energetic
Focused
Creative



Lazy
Blah
Just No

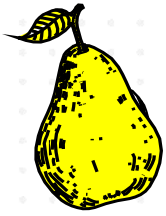


Annoyed
Tired
Sick



Stressed
Emotional
Angry





Meal Planner



Mon

Tue

Wed

Thu

Fri





Sat

Sun

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--|-----|-----|-----|-----|-----|-----|-----|
| Think Nutrition: Breakfast | | | | | | | |
| Think Hydration: Lunch | | | | | | | |
| Think Fitness: Dinner | | | | | | | |
| Think Wellness: Healthy Snack | | | | | | | |

Self-Care



| | |
|--|---|
|  <p>Relaxation</p> | Take A Deep Breathe, Inhale Peace, Exhale Happiness |
|  <p>Expression</p> | Artistic expression Is the lifeline to true Inner freedom |
|  <p>Health</p> | Self-Care is how You take your Power back |
|  <p>Companionship</p> | Blast everyone with love today |



What to Do to De-stress



Meditate

Exercise

Breathe

Listen to Music

Take a Quick Walk

Stretch

Find the Sun

Unplug for a Short Time Every Day

Do Something that Makes You Happy

