

DEVELOPING HEALTHY HABITS

THE

HEALTHY HABITS

PERSONAL DEVELOPMENT

DAILY READING

SKILL DEVELOPMENT

JOURNALING

CREATIVE EXPRESSION

SELF-CARE

POSITIVE AFFIRMATIONS

DAILY GRATITUDE

SELF-DICIPLINE

THE

HEALTHY HABITS

MENTAL AND EMOTIONAL

STRESS MANAGEMENT

DAILY REFLECTION

PRACTICE SELF COMPASSION

SET HEALTHY BOUNDARIES

EMOTIONAL CHECK INS

MEDITATE

CONNECT WITH NATURE

ALTRUISM

THE

HEALTHY HABITS

PHYSICAL HEALTH

REGULAR EXERCISE

STRENGTH TRAINING

STRETCHING

QUALITY SLEEP

STAY HYDRATED

WALK 10,000 STEPS

REST AND RECOVER

HEALTHY POSTURE

THE

HEALTHY HABITS

NUTRITIONAL HEALTH

BALANCED MEALS

LIMIT ADDED SUGARS

MEAL PREP

MINDFUL PORTIONS

PRIORITIZE GUT HEALTH

LIMIT CAFFEINE/ALCOHOL

PRIORITIZE WHOLE FOOD

VITAMINS

THE

HYDRATE
STRETCH DAILY
STRENGTH TRAIN
CARDIO EXERCISE
WALK FREQUENTLY
EAT NUTRIENT-DENSE
MEAL PREP
SLEEP DEEPLY
REST ADEQUATELY
POSTURE CHECK
MEDITATE REGULARLY
JOURNAL THOUGHTS
PRACTICE GRATITUDE
LIMIT OVERTHINKING
FOCUS INTENTIONALLY
READ OFTEN
LEARN CONTINUOUSLY
SIMPLIFY PRIORITIES
BREAK TASKS
BREATHE DEEPLY
FEEL FULLY
FORGIVE FREELY
EXPRESS HONESTLY
SEEK THERAPY
REFLECT OFTEN
NAME EMOTIONS
PRACTICE COMPASSION
CULTIVATE JOY
RELEASE NEGATIVITY
CELEBRATE PROGRESS
EXPLORE OUTDOORS
TRY HOBBIES
PLAY GAMES
WALK IN NATURE

LISTEN ACTIVELY
COMMUNICATE CLEARLY
SHARE OPENLY
SET BOUNDARIES
SCHEDULE CHECK-INS
APPRECIATE OTHERS
PRIORITIZE CONNECTION
APOLOGIZE SINCERELY
SUPPORT SELFLESSLY
BUILD TRUST
BUDGET MONTHLY
SAVE CONSISTENTLY
INVEST WISELY
TRACK EXPENSES
AVOID DEBT
EARN STRATEGICALLY
SPEND MINDFULLY
PLAN GOALS
REVIEW REGULARLY
GIVE GENEROUSLY
PLAN DAILY
ORGANIZE SPACES
FOCUS DEEPLY
START EARLY
MINIMIZE DISTRACTIONS
PRIORITIZE TASKS
BATCH WORK
TAKE BREAKS
REFLECT PROGRESS
FINISH COMPLETELY
LAUGH FREELY
DANCE OFTEN
CREATE ART

DREAM BIG
SET GOALS
EMBRACE CHANGE
TAKE RISKS
PRACTICE CURIOSITY
SEEK FEEDBACK
CULTIVATE DISCIPLINE
CELEBRATE WINS
BUILD RESILIENCE
STAY OPEN
PRAY REGULARLY
FIND PURPOSE
PRACTICE STILLNESS
CONNECT DEEPLY
SEEK WISDOM
SERVE OTHERS
SHOW GRATITUDE
TRUST FULLY
REFLECT ETERNALLY
ALIGN VALUES
DECLUTTER SPACES
RECYCLE CONSISTENTLY
CONSERVE ENERGY
GO GREEN
REDUCE WASTE
CLEAN REGULARLY
ORGANIZE BELONGINGS
PLANT TREES
SIMPLIFY LIVING
SUPPORT NATURE
ENJOY MUSIC
SAVOR MOMENTS
LIVE FULLY

100 HEALTHY HABITS

WHO DO I WANNA BE

WHAT ROLES OR LABELS THAT OTHERS/MYSELF HAVE ATTACHED TO ME THAT I NEED TO RELEASE FOR MY PERSONAL GROWTH?

WHAT WOULD I DO IF MONEY, TIME, OR FEAR WEREN'T LIMITING FACTORS?

M

Empty rectangular box for Monday's journaling.

T

Empty rectangular box for Tuesday's journaling.

W

Empty rectangular box for Wednesday's journaling.

WEEKLY AFFIRMATIONS

Large empty rectangular box for writing weekly affirmations.

HABIT TRACKER

Habit tracker grid consisting of 15 horizontal lines, each followed by a row of 8 small circles for tracking progress.

T

F

S

S

NEXT WEEK GOALS

END OF THE WEEK

SELF-REFLECTION

WHAT'S THE BIGGEST LESSON I'VE LEARNED FROM LIFE THIS WEEK?

WHAT HABITS OR THOUGHT PATTERNS ARE HOLDING ME BACK FROM THE PERSON I WANT TO BE?
