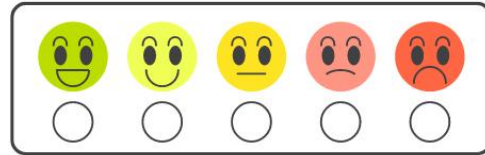


MY WELLBEING PLAN FOR TODAY

What's my mood like today?

How can I improve my mood?



Wellbeing
Check-in



Did I drink enough water?

Did I fuel my body?

Have I been outside?

Did I move my body?

Have I text or spoken to a friend today?

My (study) goal for today is

.....
.....



3 things I am grateful for today are ...



.....
.....
.....

What is the one thing I can do just now
that makes tomorrow a little easier for future me?

.....





MY DOODLE PAGE

