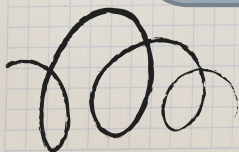




My bullet journal



This belongs to:



My bullet journal

GOOD
MORNING

Off to A GOOD start



My morning
routine

- Have a shower ☐
- Get dressed ☐
- Enjoy my breakfast ☐
- Brush my teeth ☐
- Check my schoolbag ☐
- Off to school ☐
- ☐
- ☐



I Am THANKFUL for.....

Thank
you

DrAw my mood
Emoji



How Am I FEELING right now?



Ms

My bullet journal



MY GOALS for today...



I HAVE A PLAN!

h h

h h

h h

h h

h h

DrAw my mood Emoji

HOW I WOULD LIKE TO FEEL TODAY?

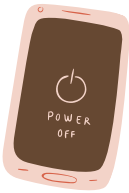
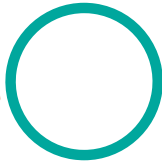


My bullet journal

MY SELF-CARE Essentials



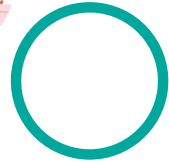
KEEP MOVING.



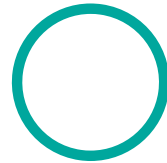
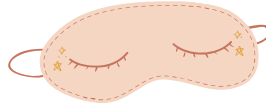
DISCONNECT FROM
THE INTERNET.



PAMPER MYSELF.



GET A GOOD AMOUNT OF SLEEP.



DELIGHT IN THE
SIMPLE THINGS.



EAT A SERVING OF
VEGETABLES DAILY.



My bullet journal

RELAX With friends



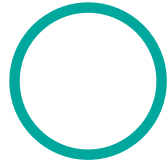
Enjoy A RELAXING
Drink



MY SELF-CARE Essentials



GO FOR A WALK



Try SOME MINDFULNESS
BREATHING TECHNIQUES TO RELAX



READ A BOOK

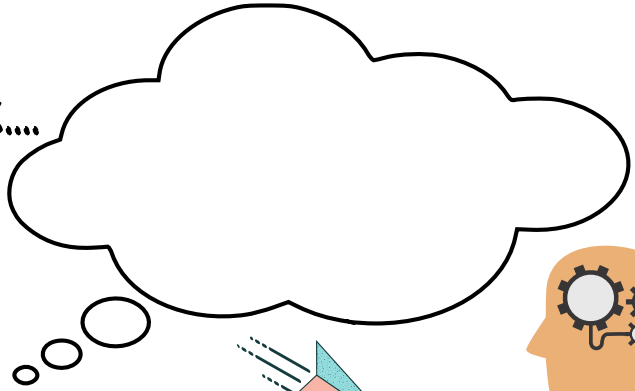


Try MINDFULNESS
COLOURING or DOODLING

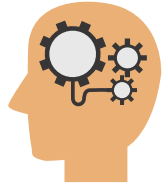


My bullet journal

MY THOUGHTS....



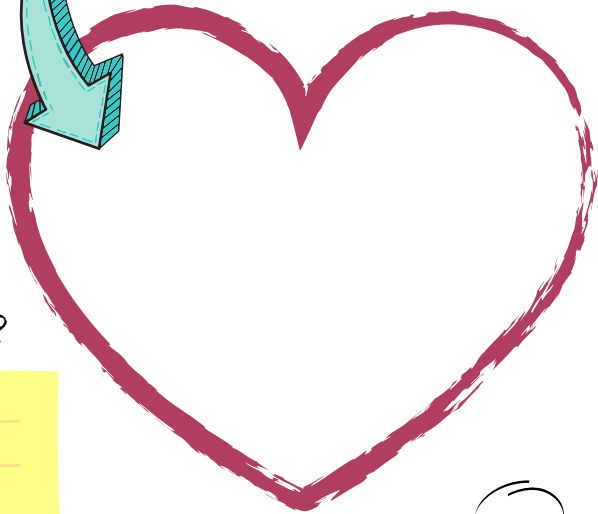
messages



My feelings...



What can I do
to feel better?



HOW I FEEL NOW...



WHICH EMOTION?

My bullet journal



MONDAY

THIS WEEK



TUESDAY

WEDNESDAY

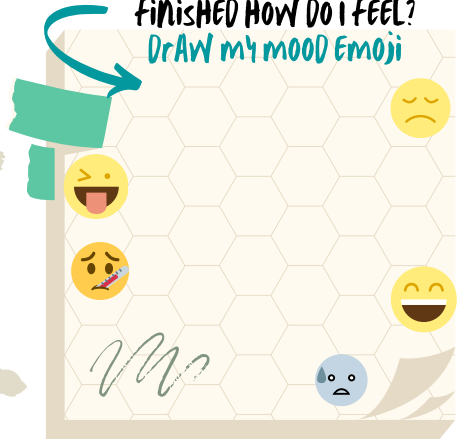
TO DO

THURSDAY

FRIDAY

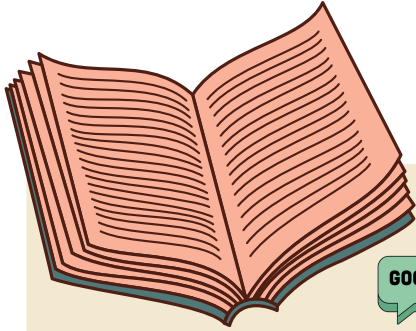
YOU GOT THIS!

NOW THE WEEK IS ALMOST
FINISHED HOW DO I FEEL?
DRAW MY MOOD EMOJI



My bullet journal

My BOOK List



BOOKS I HAVE READ



My favourites...

BOOKS I WOULD RECOMMEND



BZ



BOOKS I WANT TO READ

