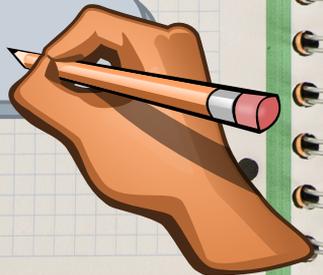


# My bullet journal



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
- 
- 



Draw my mood  
Emoji



How Am I FEELING right now?



# My bullet journal



## MY GOALS for Today...



### I HAVE A PLAN!

	<input type="checkbox"/>

### DrAW my mood Emoji

HOW I WOULD LIKE TO FEEL TODAY?

😊 😎 😞

A drawing area with a light yellow honeycomb pattern. A green arrow points from the text above to the drawing area. There are three emoji icons: a smiling face with open eyes, a face with sunglasses, and a sad face. At the bottom of the drawing area, there is a signature that looks like "M".

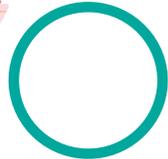
# My bullet journal

## MY SELF-CARE Essentials

KEEP MOVING.



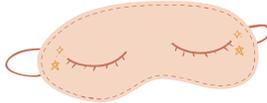
DISCONNECT FROM  
THE INTERNET.



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



## MY SELF-CARE Essentials



GO FOR A WALK



ENJOY A RELAXING  
Drink

Try SOME MINDFULNESS  
BREATHING TECHNIQUES TO RELAX



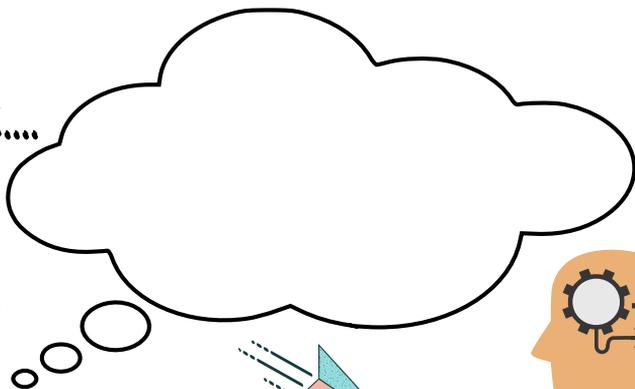
READ A BOOK

Try MINDFULNESS  
COLOURING or DOODLING

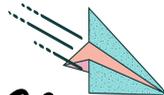


# My bullet journal

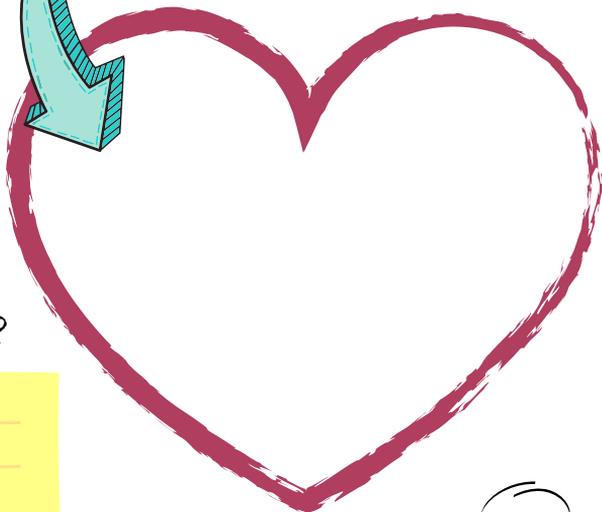
MY THOUGHTS...



messages



My feelings...



What can I do to feel better?

A yellow rectangular notepad with horizontal lines, intended for writing down strategies to improve feelings.

HOW I FEEL NOW...



WHICH Emotion?

# My bullet journal



## MONDAY

THIS WEEK



## TUESDAY



## WEDNESDAY

TO DO



## THURSDAY



YOU GOT THIS!

## FRIDAY

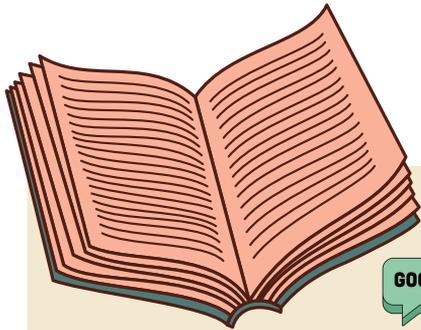


NOW THE WEEK IS ALMOST FINISHED HOW DO I FEEL?  
DRAW MY MOOD EMOJI



# My bullet journal

## MY BOOK LIST



### BOOKS I HAVE READ

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## My favourites...

### BOOKS I WOULD RECOMMEND



### BOOKS I WANT TO READ

