

A Tasks		THRIVE HABIT TRACKER
	M T W TH F	
	M T W TH F	H1 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	M T W TH F	
	M T W TH F	H2 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
B Tasks		
	M T W TH F	H3 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	M T W TH F	
	M T W TH F	H4 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	M T W TH F	
C Tasks		H5 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	M T W TH F	
	M T W TH F	H6 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	M T W TH F	
	M T W TH F	H7 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
D Tasks		
	M T W TH F	H8 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	M T W TH F	
	M T W TH F	
	M T W TH F	#WINHAPPY
MEAL PLANNING		
Monday:		
Tuesday:		
Wednesday:		
Thursday:		
Friday:		
Saturday:		
Sunday:		
WEEKLY REFLECTION		
What do I love most about myself?		
How did I learn or improve myself this week?		
What old pattern or habit will I release to be happier?		
What am I most grateful for right now and why?		
Is there anything not getting done or I'm actively avoiding?		
If so, what's one action I could take to get back on track?		

MY AFFIRMATION:

6:00	

7:00	
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I am in control of my time and life.

8:00	A

9:00	
------	--

B

10:00	

11:00	C
-------	---

12:00	
	D

1:00	
------	--

Errands:

2:00	Self Care:
	Gratitude:

3:00	Wins:
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I make time for my health and wellbeing.

4:00	Breakfast:
	Lunch:

5:00	Dinner:
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Snacks:

6:00	

Water ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Supplements ☐ AM ☐ PM

☐ Joyful Movement _____

7:00	
------	--

☐ Deep Sleep _____ Hrs ☐ Fun 😊 _____

NOTES / WINS TODAY

8:00	

tuesday is terrific

☐ READ & ALIGN WITH MY VISION STATEMENT

See myself succeeding in everything I do today

MY AFFIRMATION:

Things do not happen.
Things are made to happen.

JOHN F. KENNEDY



Time is always on my side.

A

6:00

7:00

8:00

9:00

B

10:00

C

11:00

D

12:00

1:00

Errands:

Me Time:

2:00

Gratitude:

Wins:

3:00

I make healthy choices and they improve my life.

Breakfast:

4:00

Lunch:

Dinner:

5:00

Snacks:

Water ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Supplements ☐ AM ☐ PM

☐ Joyful Movement _____

☐ Deep Sleep _____ Hrs ☐ Fun 😊 _____

6:00

7:00

NOTES / WINS TODAY

8:00

Daily Habits Done! H1 ☐ H2 ☐ H3 ☐ H4 ☐ H5 ☐ H6 ☐ H7 ☐ H8 ☐

☐ READ & ALIGN WITH MY VISION STATEMENT

See myself succeeding in everything I do today

MY AFFIRMATION:

my cheerful **wednesday** | _____

6:00

7:00

I have the power to complete everything I want to do today.

8:00

9:00

10:00

11:00

12:00

D

1:00

Errands:

2:00

Self Care:

Gratitude:

3:00

Wins:

I make time to nourish my body and soul.

4:00

Breakfast:

Lunch:

Dinner:

Snacks:

5:00

Water ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Supplements ☐ AM ☐ PM

☐ Joyful Movement _____

☐ Deep Sleep _____ Hrs ☐ Fun 😊 _____

7:00

NOTES / WINS TODAY

8:00

8:00

Daily Habits Done! H1 ☐ H2 ☐ H3 ☐ H4 ☐ H5 ☐ H6 ☐ H7 ☐ H8 ☐

Every little failure is just a brick on the road to success.
So keep paving that road!

JENNIFER DAWN



Time is always on my side.

A

B

C

D

6:00

7:00

8:00

9:00

10:00

11:00

12:00

1:00

Errands:

Me Time:

Gratitude:

Wins:

2:00

3:00

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Dinner:

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Water ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Supplements ☐ AM ☐ PM

☐ Joyful Movement _____

☐ Deep Sleep _____ Hrs ☐ Fun 😊 _____

4:00

5:00

6:00

7:00

NOTES / WINS TODAY

8:00

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6:00	

7:00	
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3:00	
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☐ Joyful Movement _____

7:00	
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☐ Deep Sleep _____ Hrs ☐ Fun 😊 _____

NOTES / WINS TODAY

8:00	

#WINHAPPY



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6:00

7:00

8:00

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2:00

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Wins:

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Water ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Supplements ☐ AM ☐ PM

☐ Joyful Movement _____

☐ Deep Sleep _____ Hrs ☐ Fun 😊 _____

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7:00

NOTES / WINS TODAY

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☐ Joyful Movement _____

7:00	<input type="checkbox"/> Deep Sleep _____ Hrs <input type="checkbox"/> Fun 😊 _____
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NOTES / WINS TODAY

8:00	

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Daily Habits Done! H1 ☐ H2 ☐ H3 ☐ H4 ☐ H5 ☐ H6 ☐ H7 ☐ H8 ☐