

I am grateful today for

My sleep last night was

### What I like about myself today



Approx. hours Get up time

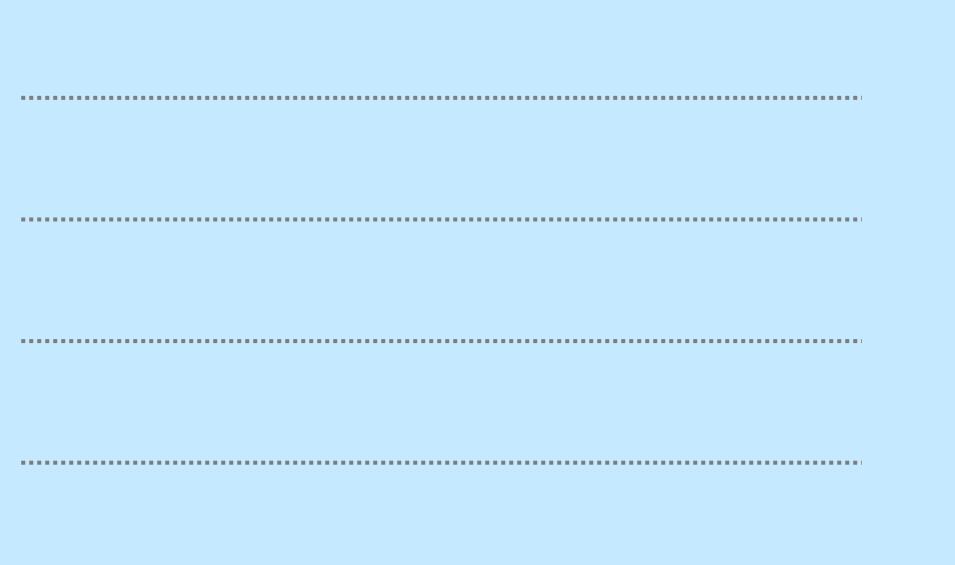
How am I feeling today?



## What I wish myself for tomorrow

Am I satisfied with this day?





fabils Tracker

# Workout Take a walk

# Eye exercises

# Meditation

#### Read a book

Image: Second second