

ALL ABOUT THIS WEEK

MON ___/___/___ TO SUN ___/___/___

**THE
GOOD!**

**THE
BAD...**

**THE
NEUTRAL.**

NEXT WEEK I'M LOOKING FORWARD TO:



MY BIGGEST CHALLENGE NEXT WEEK:

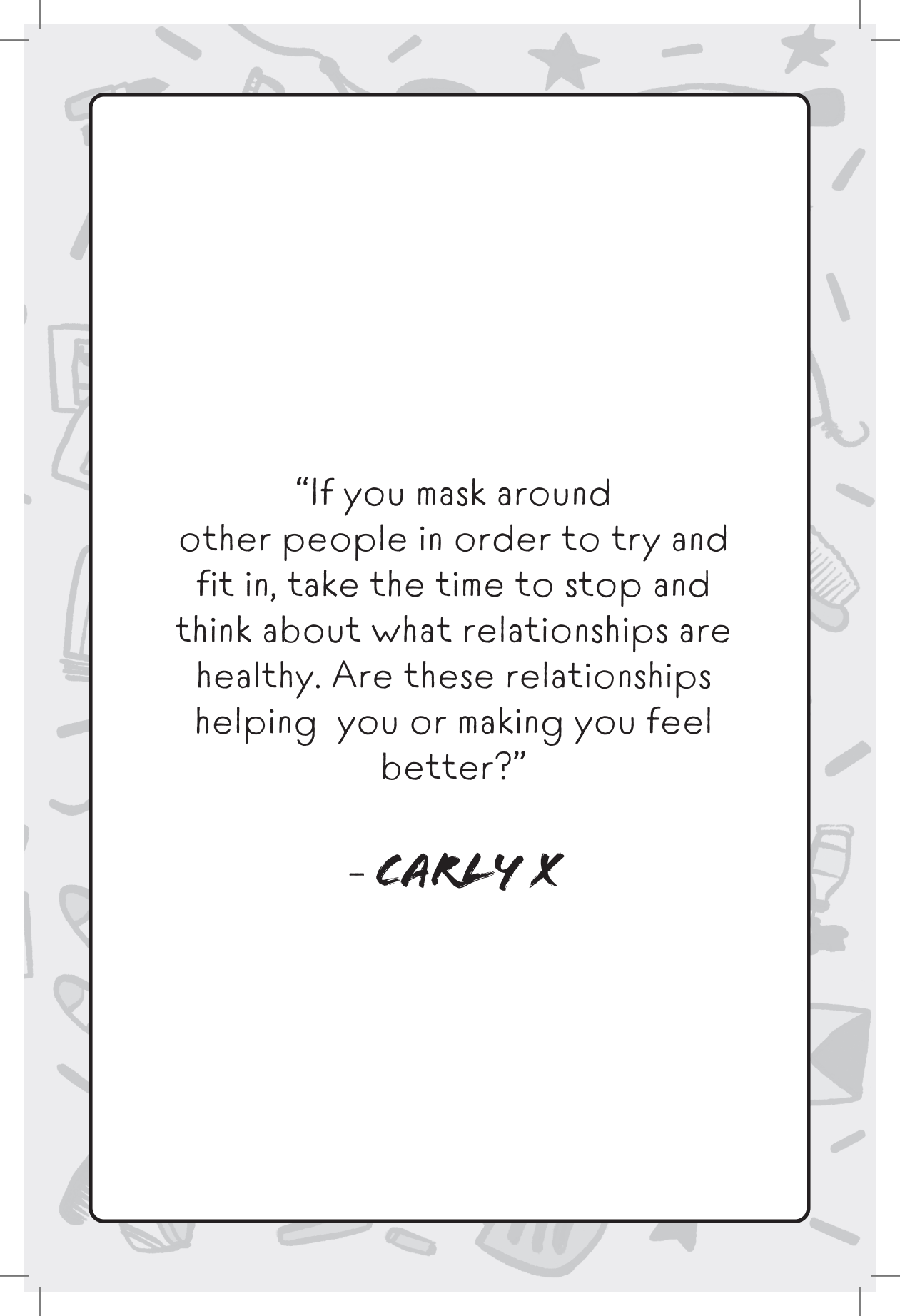


**MESSAGE TO
MYSELF FOR
THIS TIME
NEXT WEEK:**





A series of horizontal dashed lines for writing, arranged in a vertical column within a rounded rectangular frame.



“If you mask around other people in order to try and fit in, take the time to stop and think about what relationships are healthy. Are these relationships helping you or making you feel better?”

- *CARLY X*