

POSITIVE MINDSET HABIT TRACKER

Month: _____ Goal: _____

DAILY HABITS

MORNING ROUTINE

Gratitude
Journaling
Positive
Affirmations

Mindful Meditation

MENTAL WELLBEING

Limit Social Media

Acts of Kindness

Reading/Learning

EVENING REFLECTION

Wins of the Day

No Screens 1hr
Before Bed

Deep Breathing

MONTHLY REFLECTION

FOCUS FOR NEXT MONTH