



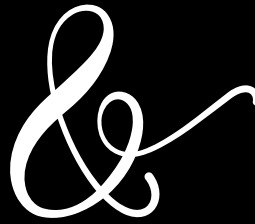
*Journal*

DAGNE BARTON & LECIA J. RIVES



# how to use this journal

Dagne Barton



Lecia J. Rives



Welcome to your all-in-one tool for personal growth and success! This journal is designed to help you stay organized, inspired, and focused on your journey toward achieving your dreams. By combining essential elements like vision planning, goal setting, and habit tracking, this journal is your guide to building the life you've always envisioned. Here's how to make the most of it:

- Own Your Morning: Establish a morning routine.
- Break the Cycle: Identify and replace one unhelpful habit.
- Fuel Your Dreams: Write down your biggest goals and dreams and one step to move toward it.
- Get Moving: Commit to 20 minutes of movement (walk, yoga, dance).
- Find Your Tribe: Identify someone who uplifts you and schedule time together.
- Visualize Success: Close your eyes and imagine achieving your top goal.
- Be Present: Practice mindfulness for 10 minutes today.
- Plan Your Day: Create a detailed to-do list and prioritize tasks.
- Step Outside Your Comfort Zone: Try something new today.
- Handle Distractions: Turn off notifications and focus for 2 uninterrupted hours.
- Money Moves: Review your finances and set one financial goal.
- Write It Down: Start a gratitude list or vision board.
- Invest in Yourself: Commit 30 minutes to learning (read, watch a tutorial, etc.).
- Be Consistent: Repeat one positive habit from this journal.
- Keep Moving Forward: Commit to one long-term action to continue growing.

Your journey to a more balanced, intentional, and successful life begins here. So go on, *Get Up Gurl* and start creating the life you've always dreamed of!



# JAN

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

# FEB

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# MAR

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23	24	25	26	27	28	29
30	31					

# APR

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27	28	29	30			

# MAY

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25	26	27	28	29	30	31

# JUN

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29	30					

# JUL

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27	28	29	30	31		

# AUG

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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

# SEP

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# OCT

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26	27	28	29	30	31	

# NOV

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23	24	25	26	27	28	29
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# DEC

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

# Vision Board

(Day):

(Month):

(Year):

---

(Remember)

"WRITE THE VISION AND MAKE IT PLAIN" (HABAKKUK 2:2)

HEALTH

TRAVEL

CAREER

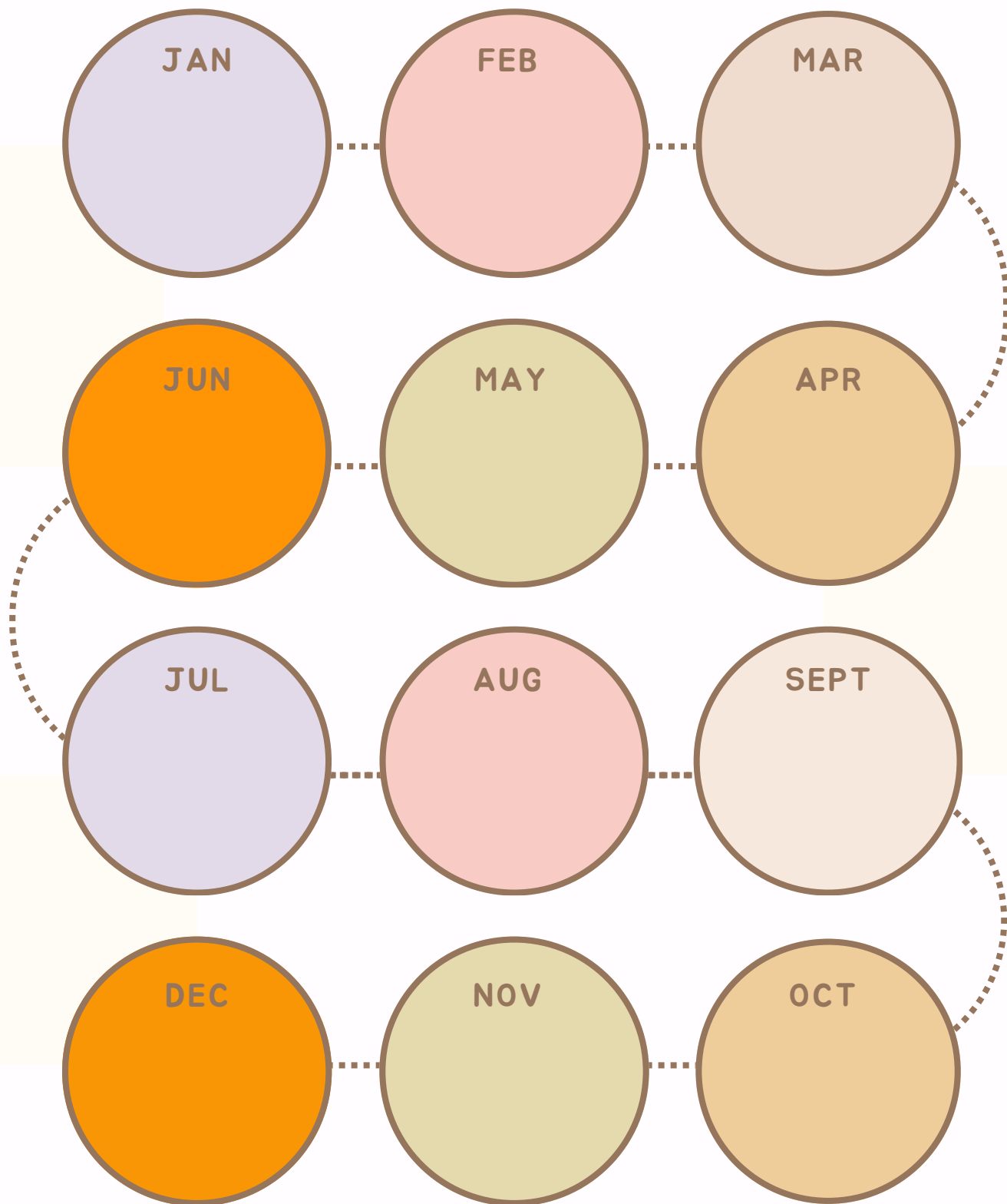
FINANCES

RELATIONSHIPS

SPIRITUALITY



# GOALS TRACKER



YEAR:

# NOTES



A series of horizontal dotted lines spanning the width of the page, intended for writing notes.

# MENTAL-CARE CHECKLIST

week/ month:

activity	s	m	t	w	t	f	s
don't forget to take care of yourself and your health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
exercise, eat healthy and get enough sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
use relaxation through meditation or deep breathing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
communicate with loved ones and friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
set smart goals and manage time and money effectively	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
do things you enjoy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
attend professional counseling sessions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
limit exposure to negative news or social media	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
take breaks from to rest and recuperate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

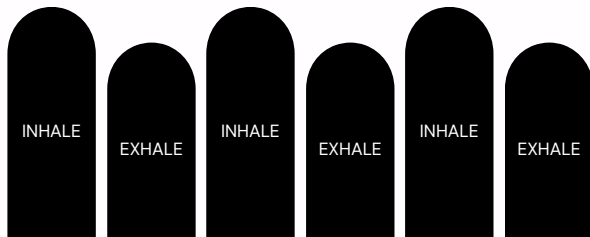
notes

# 5 Minute Gratitude Journal



S M T W T H F S

Breath before writing

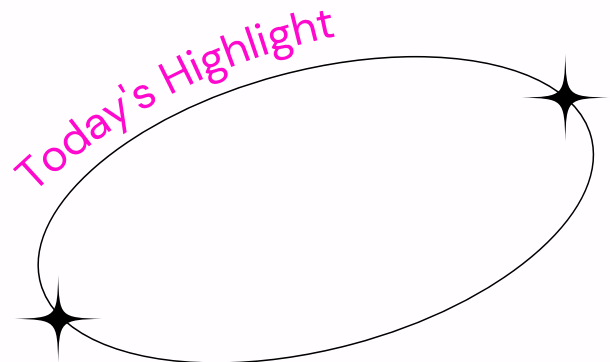


3 best thing about today

Three empty rounded rectangular boxes for writing the three best things about today.

Things you're grateful today

Five horizontal lines for writing, each starting with a small asterisk icon.



Describe today in a drawing

A large empty rectangular box for drawing, with a small pencil icon in the bottom right corner.

Things that you learned

Four horizontal lines for writing things learned.

Today's Affirmation

Two horizontal lines for writing the affirmation.



# WORKOUT JOURNAL

Date \_\_\_\_\_  
Time/distance \_\_\_\_\_  
Notes \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Rate your workout ○○○○○

Date \_\_\_\_\_  
Time/distance \_\_\_\_\_  
Notes \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Rate your workout ○○○○○

Date \_\_\_\_\_  
Time/distance \_\_\_\_\_  
Notes \_\_\_\_\_  
\_\_\_\_\_  
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Notes \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Rate your workout ○○○○○



# Self-Care Journal

DATE:     /     /

●   ●   ●   ●   ●   ●   ●  
S   M   T   W   T   F   S

*How am I feeling today?*

Mental

Physical

Spiritual

*Today I'm Grateful for*

.....  
.....  
.....  
.....

*Today I'm Grateful for*

.....  
.....  
.....  
.....

*Water Intake*

  
1   2   3   4   5   6   7   8   ( Glass )

*Mood of the Day*

*Notes/Reminder*

.....  
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*For Tomorrow*

.....  
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.....  
.....

# BUDGET TRACKER

## FINANCES

Description:	Amount:

### FIXED EXPENSES

Date	Description	Amount
Total:		

### VARIABLE EXPENSES

Date	Description	Amount
Total:		

	BUDGET	ACTUAL	DIFFERENCE
Total Income			
Total Expenses			
Total Savings			
Debt Payoff			
Investment			



# NOTES



A series of horizontal dotted lines spanning the width of the page, providing a template for writing notes.

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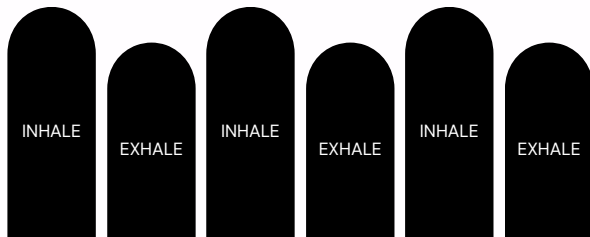
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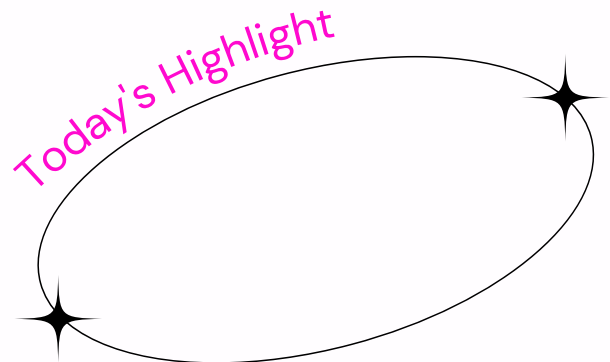


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# WORKOUT JOURNAL

Date \_\_\_\_\_  
Time/distance \_\_\_\_\_  
Notes \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Rate your workout ○○○○○

Date \_\_\_\_\_  
Time/distance \_\_\_\_\_  
Notes \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Rate your workout ○○○○○

Date \_\_\_\_\_  
Time/distance \_\_\_\_\_  
Notes \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Rate your workout ○○○○○

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Time/distance \_\_\_\_\_  
Notes \_\_\_\_\_  
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\_\_\_\_\_  
Rate your workout ○○○○○

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Notes \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Rate your workout ○○○○○

Date \_\_\_\_\_  
Time/distance \_\_\_\_\_  
Notes \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Rate your workout ○○○○○





# Self-Care Journal

DATE:     /     /

●   ●   ●   ●   ●   ●   ●  
S   M   T   W   T   F   S

*How am I feeling today?*

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Physical

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1   2   3   4   5   6   7   8   ( Glass )

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Total Expenses			
Total Savings			
Debt Payoff			
Investment			

