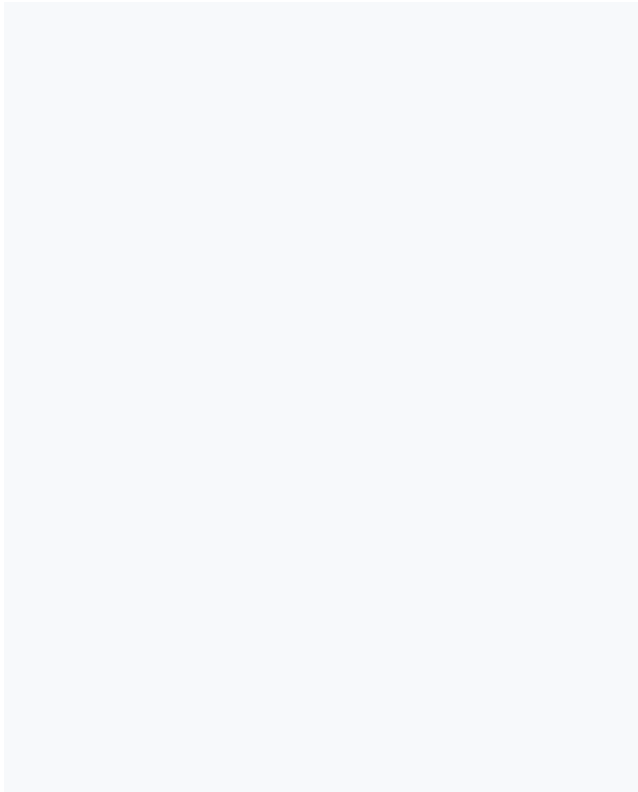
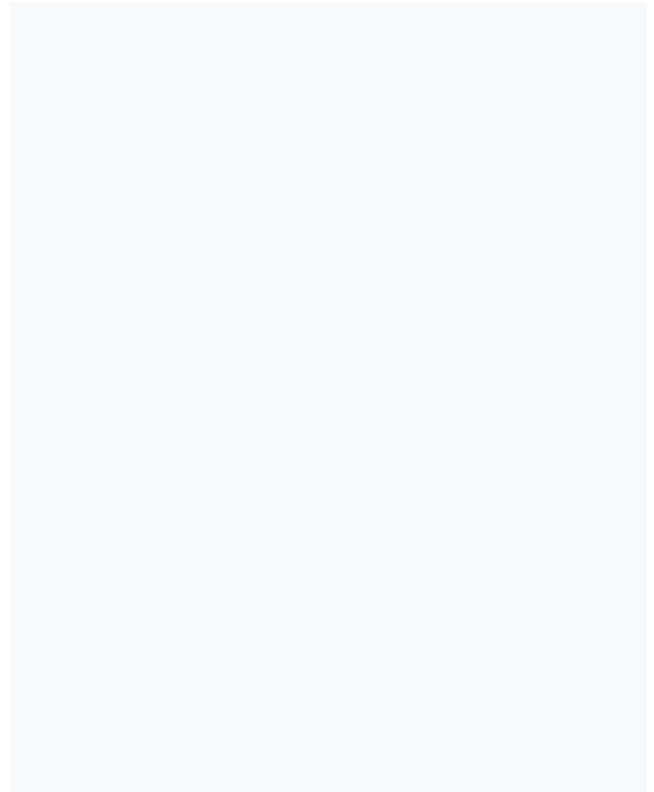


MY AWESOMENESS TRACKER

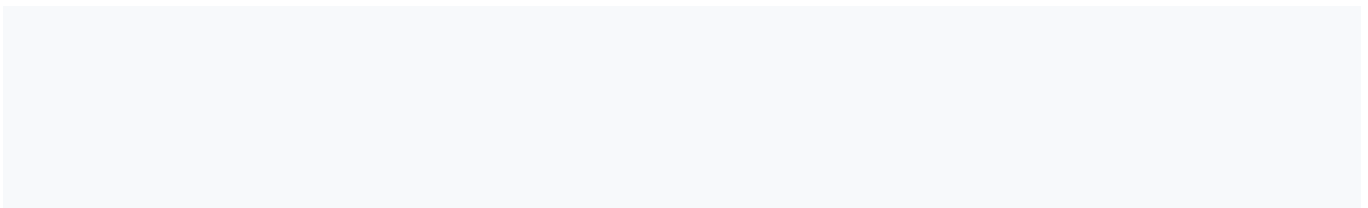
THE GOAL I HAVE FOR MY WELLBEING IS...



THIS IS WHAT I WILL DO EVERYDAY FOR A MONTH...



REWARD WILL BE...



REMEMBER TO KEEP THESE GOALS AND ACTIONS

INSPIRING
SPECIFIC
MEASURABLE
ATTAINABLE
REALISTIC
TIME-BOUND

MY STAR CHART

KEEP THIS STAR CHART SOMEWHERE VISIBLE AND
COLOUR IN A STAR FOR EACH DAY OF
AWESOMENESS!!!

