

This Journal Belongs To:

Don't forget to order next month's planner, or
subscribe to receive one each month!

Scan the QR code, visit our Facebook Page, or
contact us at digitaldesignduo02@gmail.com



Designed by Digital Design Duo in collaboration
with Bethany Stone.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Top Priorities This Month:

-
-
-
-
-

Next Two Months

SU	M	T	W	TH	F	SA

SU	M	T	W	TH	F	SA

Current Goals

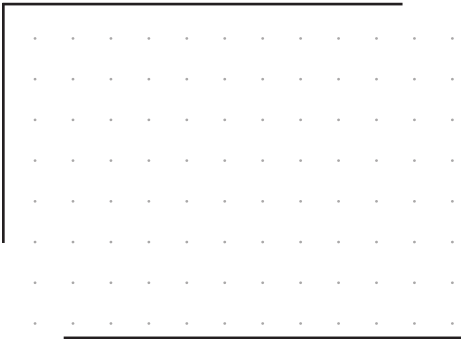
Mental Health



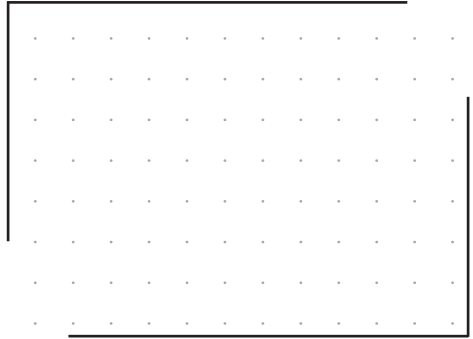
Spiritual Health



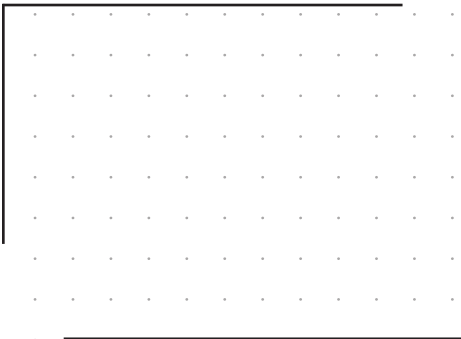
Social Health



Physical Health



Financial Health



Other Goals



Finance Tracker

Income

Date	Source	Amount
		\$
		\$
		\$
		\$
		\$

Spending

[illegible]

[illegible]

Totals

	Amount
Income	\$
Spending	\$
Other	\$
	\$

What Can I Control?

Part of patience is recognizing what you can and cannot control. Though you cannot control some things, you can be grateful for the things you can control. Finish the sentences with some examples from your life, and reflect on how you can have gratitude for those things.

I can't control _____, but I can control _____

I can't control _____, but I can control _____

I can't control _____, but I can control _____

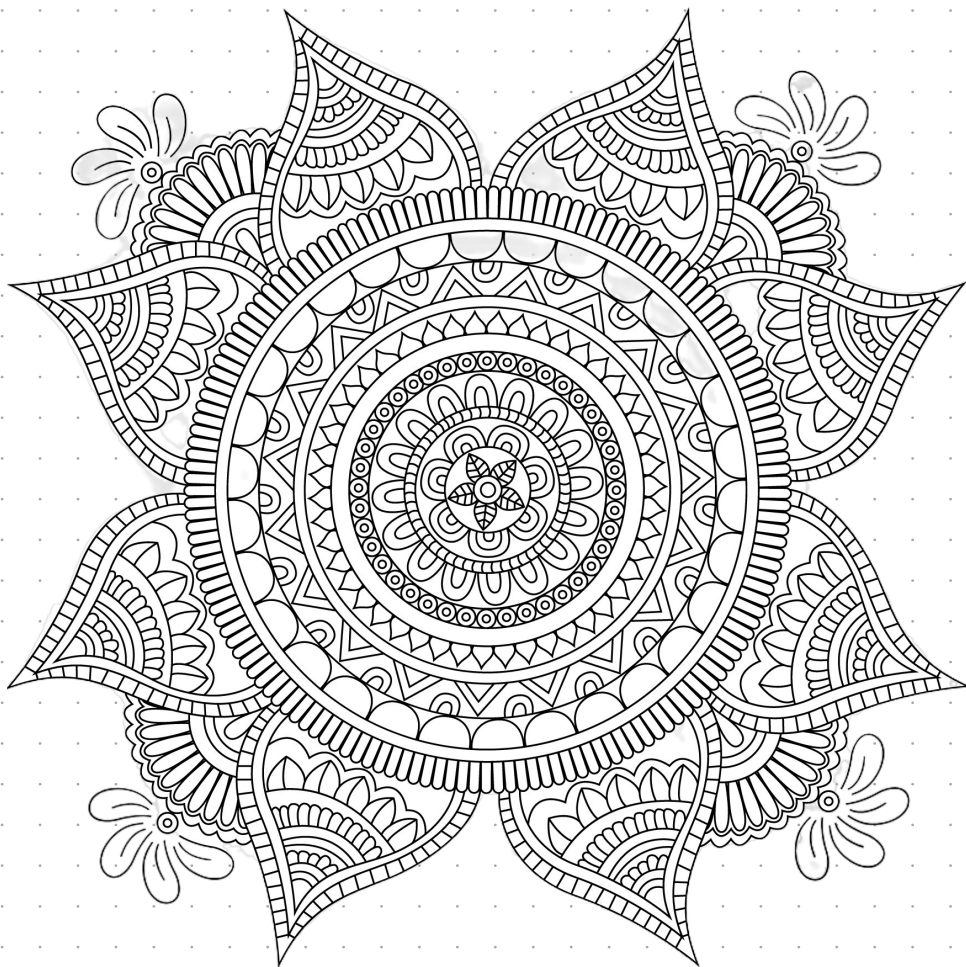
I can't control _____, but I can control _____

I can't control _____, but I can control _____

I can't control _____, but I can control _____

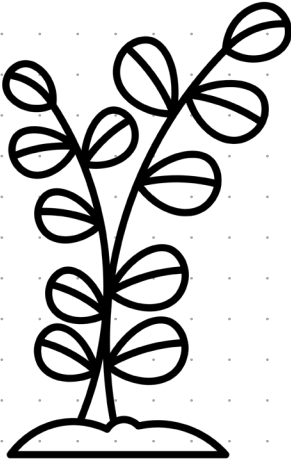
How can I be grateful for the things I can control:

Coloring Page



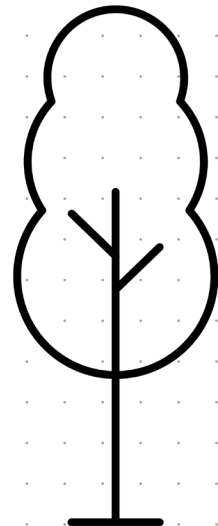
Nurturing Your Goal Garden

Like many things in life, growing plants takes a lot of time and patience. You cannot control how fast the plant will grow, but you can control some of the care it receives to ensure it continues to grow. What are some goals you are currently nurturing with patience? What are some things in your life that you've been nurturing for a long time and starting to see the outcomes of?

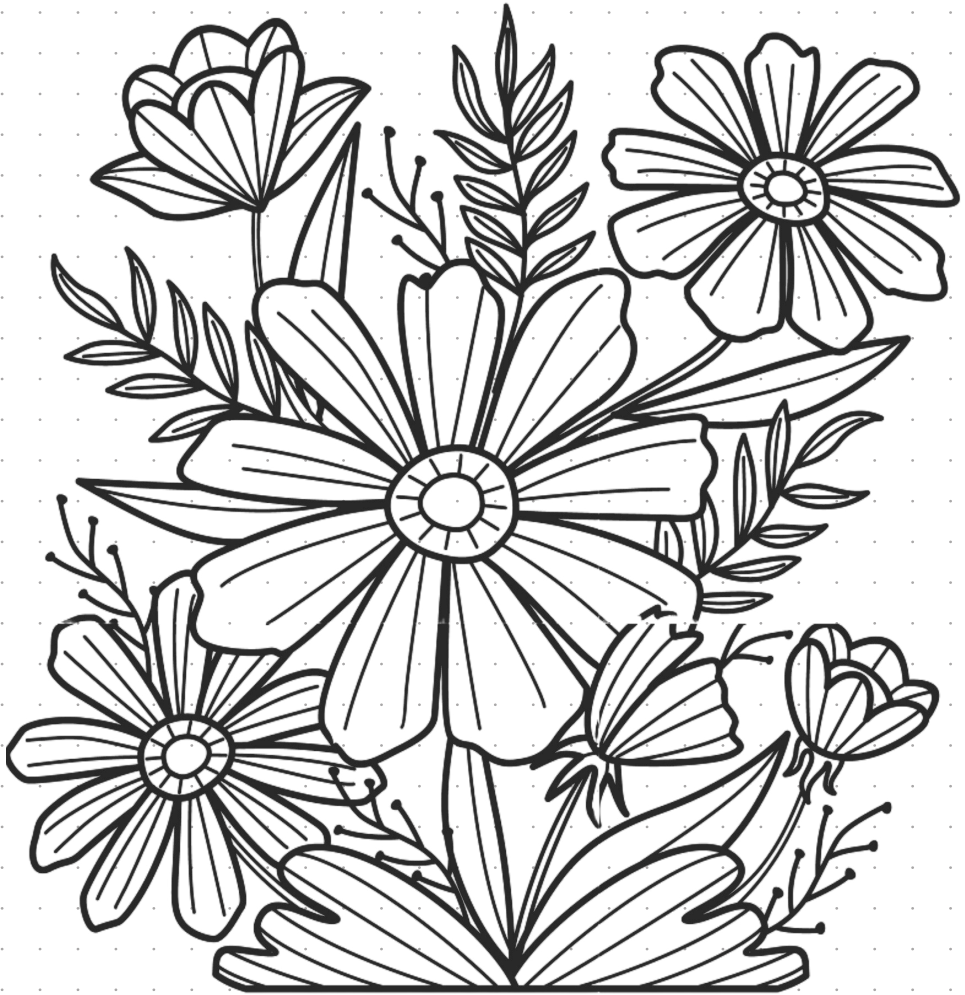


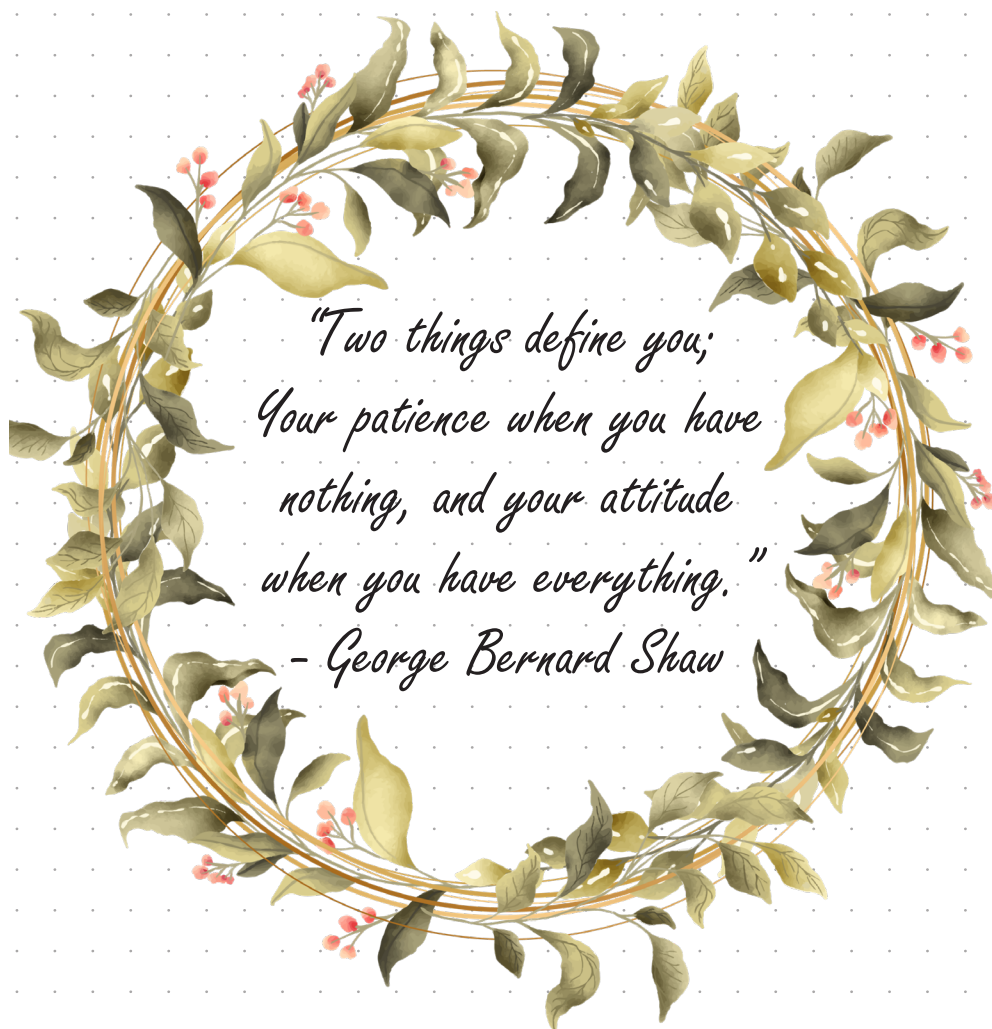
Goals I am nurturing:

Rewards/Benefits of things I
have been nurturing:



Coloring Page

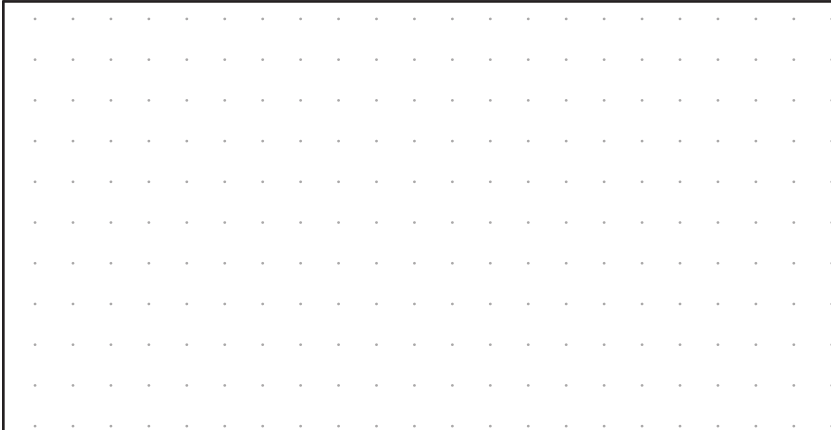




*"Two things define you;
Your patience when you have
nothing, and your attitude
when you have everything."
- George Bernard Shaw*

Thoughts

Notes

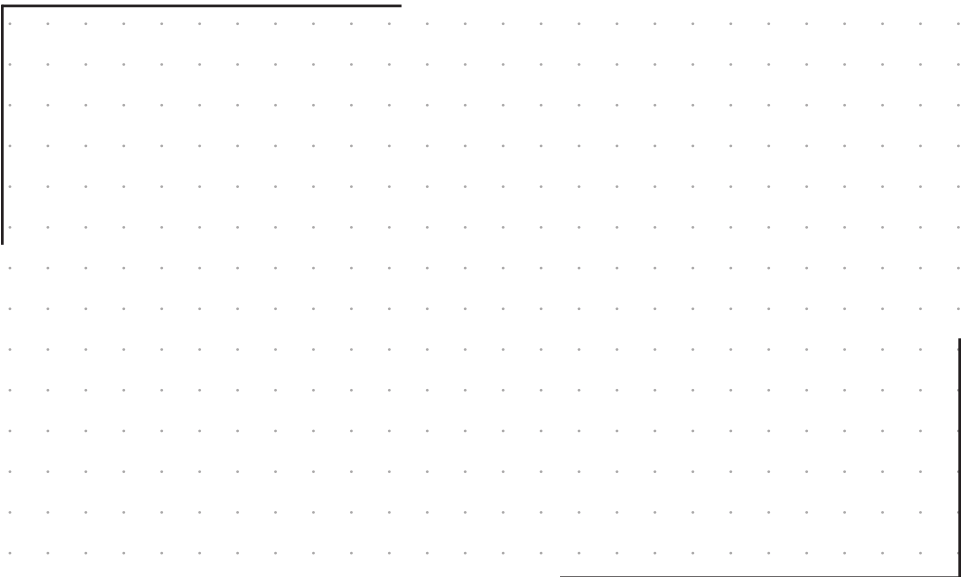


Week 1 Patience

1. What situations in my life currently test my patience?



2. How do I handle delays or unexpected changes in plans?



3. How do I respond to people being impatient around me?

"You must first have a lot of patience to learn to have patience."

- Stanislaw Jerzy Lee

What is patience and how do we gain it? This "Intro to Patience" episode will help get you into the mindset of gaining patience and what it takes.



Date: _____





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Habits	M	T	W	TH	F	SA	SU

“Sunshine” moments:

[illegible]

Monday	B:	L:	D:
Tuesday	B:	L:	D:
Wednesday	B:	L:	D:
Thursday	B:	L:	D:
Friday	B:	L:	D:
Saturday	B:	L:	D:
Sunday	B:	L:	D:



Monday

Water Tracker



Mood/Emotion Tracker

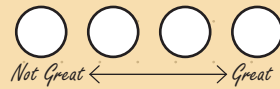


Tuesday

Water Tracker



Mood/Emotion Tracker



Wednesday

Water Tracker



Mood/Emotion Tracker

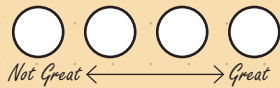


Thursday

Water Tracker



Mood/Emotion Tracker



Friday

Water Tracker



Mood/Emotion Tracker



Not Great ← → *Great*

Saturday

Water Tracker



Mood/Emotion Tracker



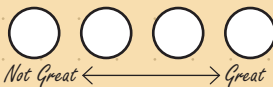
Not Great ← → *Great*

Sunday

Water Tracker



Mood/Emotion Tracker



Check-In:

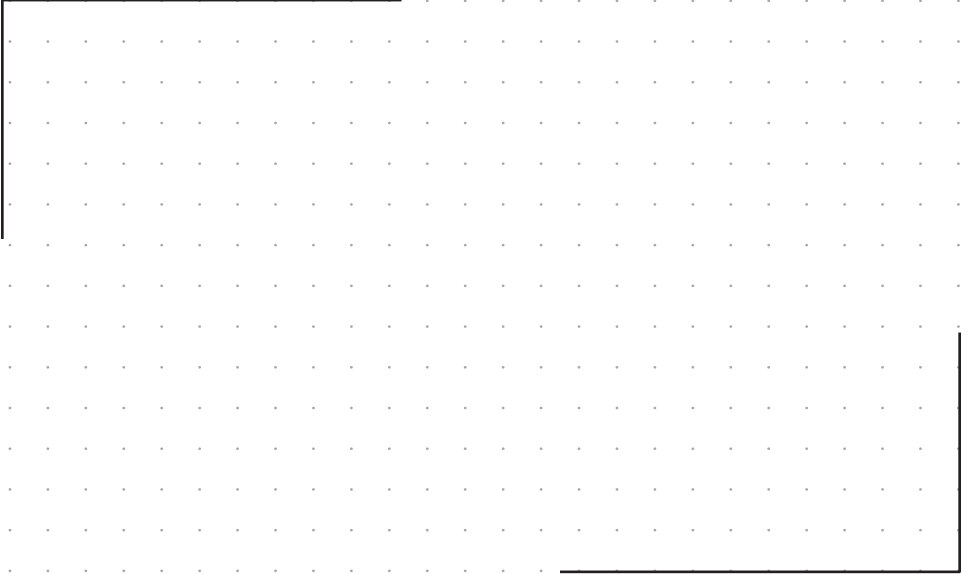
How did I do on my goals this week?

What did I do well this week?

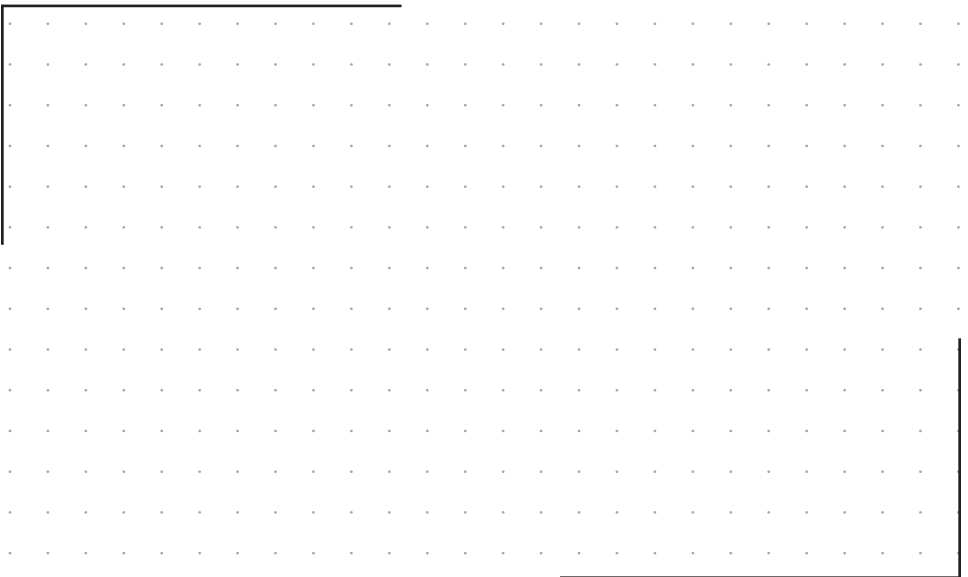
What can I improve on?

Week 2 Patience

1. What physical sensations do I notice when I am being impatient?



2. What triggers my impatience?



3. How do I want to respond to my impatience?

"Patience will achieve more than force."

- Edmund Burke

Why is patience so powerful?
Often we cannot change the
circumstances around us, so
what can we do? This YouTube
video by *Einzelganger* will help
you understand the power and
benefits of patience.



Date: _____





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[illegible]

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Thursday	B:	L:	D:
Friday	B:	L:	D:
Saturday	B:	L:	D:
Sunday	B:	L:	D:



Monday

Water Tracker



Mood/Emotion Tracker

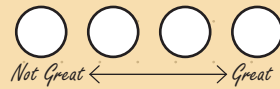


Tuesday

Water Tracker



Mood/Emotion Tracker



Wednesday

Water Tracker



Mood/Emotion Tracker



Thursday

Water Tracker



Mood/Emotion Tracker



Friday

Water Tracker



Mood/Emotion Tracker



Not Great ← → *Great*

Saturday

Water Tracker



Mood/Emotion Tracker



Not Great ← → *Great*

Sunday

Water Tracker



Mood/Emotion Tracker



Check-In:

How did I do on my goals this week?

What did I do well this week?

What can I improve on?

Week 3 Patience

1. What thoughts accompany my feelings of impatience? Positive? Negative?

2. How can I practice mindfulness to become more aware of my impatience?

3. What are some small, everyday tasks where I can practice being more patient?

"Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish."

- John Quincy Adams

This podcast episode by *Thriving by Nature* is titled, "Why We Need Patience and How to Gain it." It will help you learn some strategies to gain patience as well as how to hold onto this attribute.



Date: _____





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Thursday	B:	L:	D:
Friday	B:	L:	D:
Saturday	B:	L:	D:
Sunday	B:	L:	D:

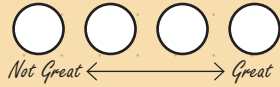


Monday

Water Tracker



Mood/Emotion Tracker

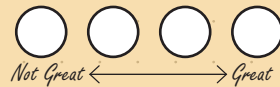


Tuesday

Water Tracker



Mood/Emotion Tracker



Wednesday

Water Tracker



Mood/Emotion Tracker



Thursday

Water Tracker



Mood/Emotion Tracker



Friday

Water Tracker



Mood/Emotion Tracker



Not Great ← → *Great*

Saturday

Water Tracker



Mood/Emotion Tracker



Not Great ← → *Great*

Sunday

Water Tracker



Mood/Emotion Tracker

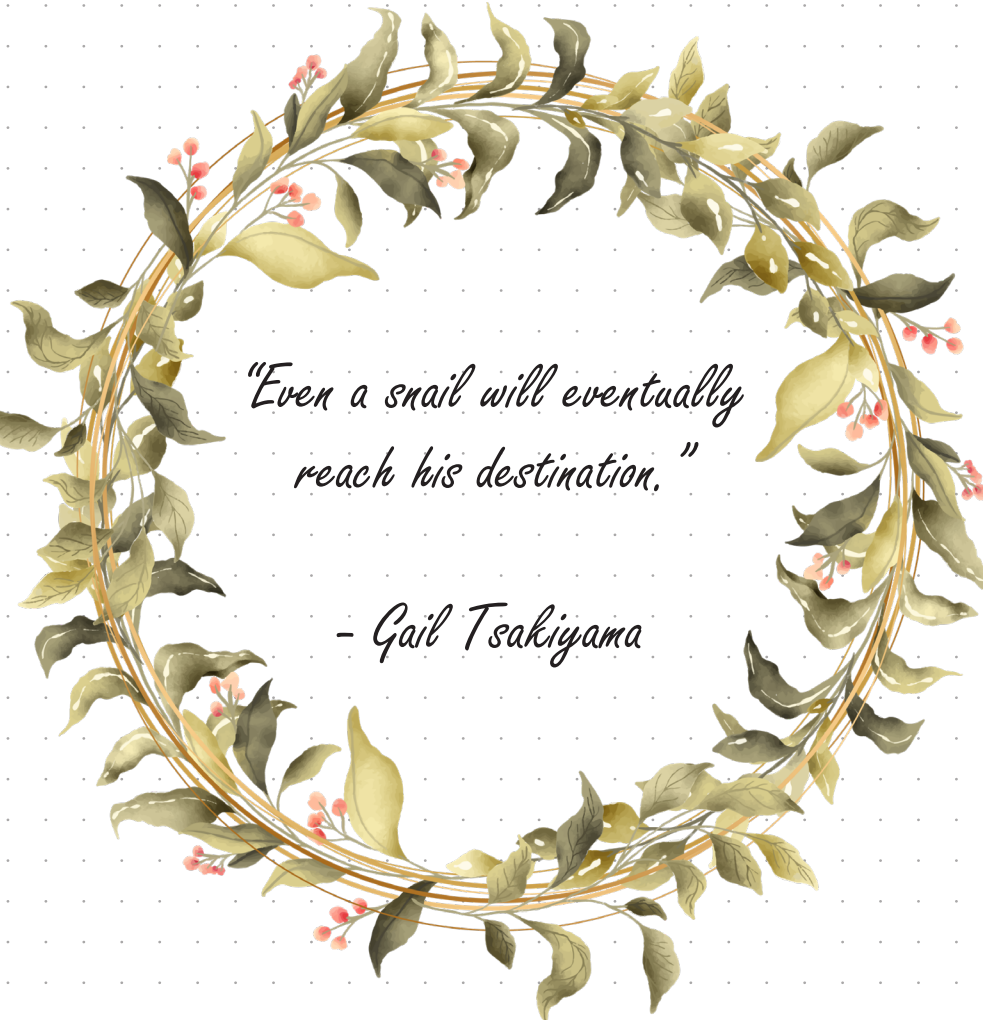


Check-In:

How did I do on my goals this week?

What did I do well this week?

What can I improve on?

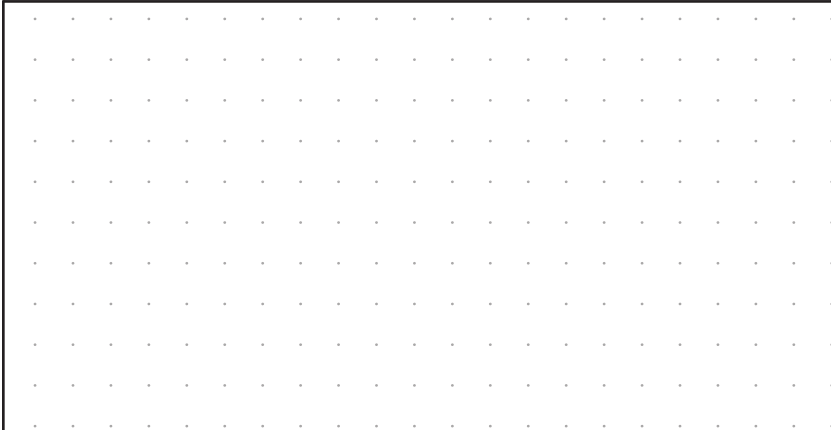


*"Even a snail will eventually
reach his destination."*

- Gail Tsakiyama

Thoughts

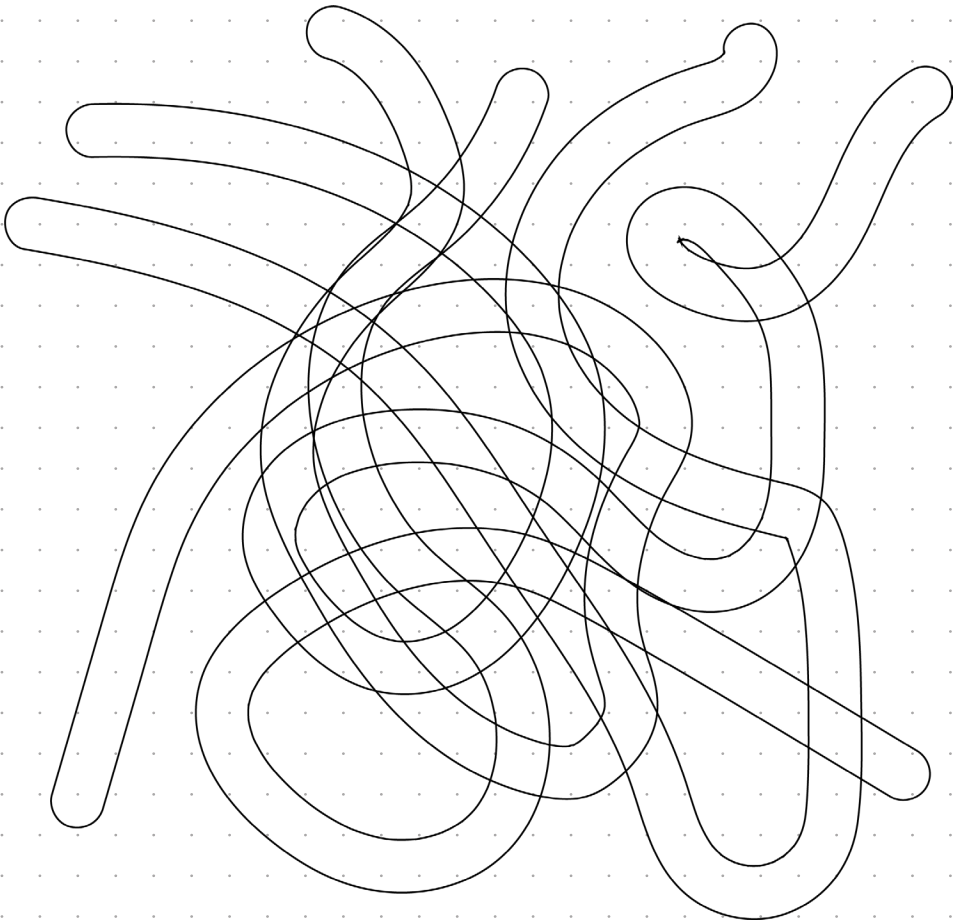
Notes



Untying Knots

Most of us have gone through the frustration of undoing a knot. What can this teach us about patience?

Using 4 different colors, try to identify and color each individual strand of the knot.

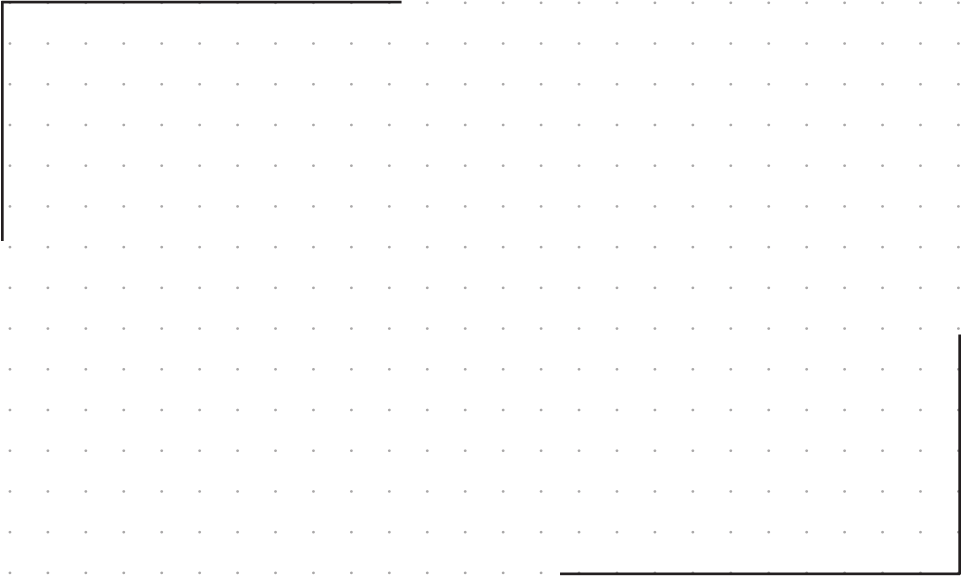


Coloring Page

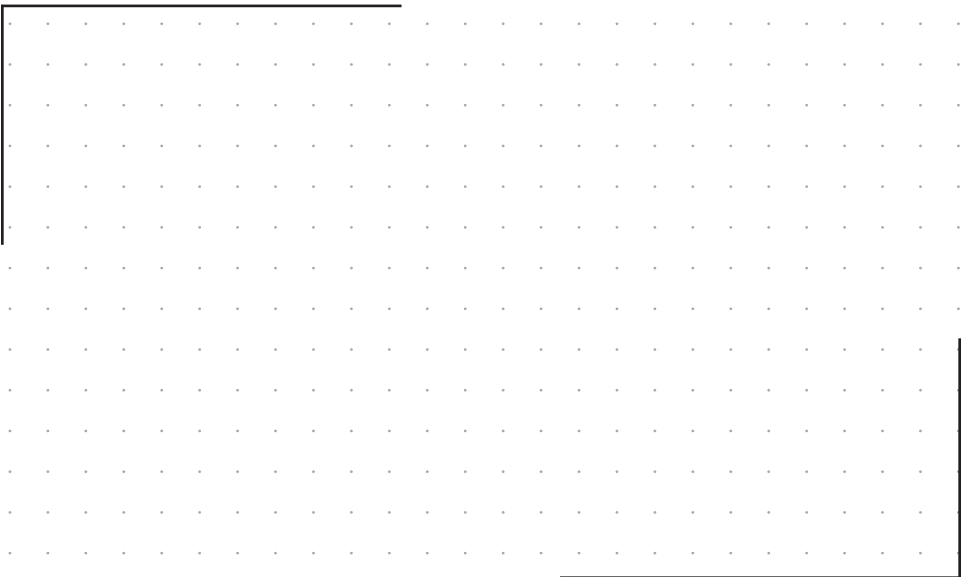


Week 4 Patience

1. Do I have realistic goals on how long tasks will take?



2. What role does self-care play in my ability to be patient?



3. What positive outcomes have resulted from being patient in the past?

*"Be patient and understanding. Life is too short to be
vengeful or malicious."*

- Philips Brooks

"Practice, Patience, Progress" is an amazing motivational speech to inspire you to have a growth mindset and accept that many goals are better achieved with time and patience.



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Saturday	B:	L:	D:
Sunday	B:	L:	D:



Monday

Water Tracker



Mood/Emotion Tracker

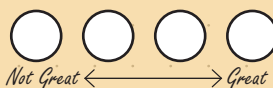


Tuesday

Water Tracker



Mood/Emotion Tracker



Wednesday

Water Tracker



Mood/Emotion Tracker

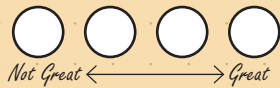


Thursday

Water Tracker



Mood/Emotion Tracker



Friday

Water Tracker



Mood/Emotion Tracker



Not Great ← → *Great*

Saturday

Water Tracker



Mood/Emotion Tracker



Not Great ← → *Great*

Sunday

Water Tracker



Mood/Emotion Tracker



Check-In:

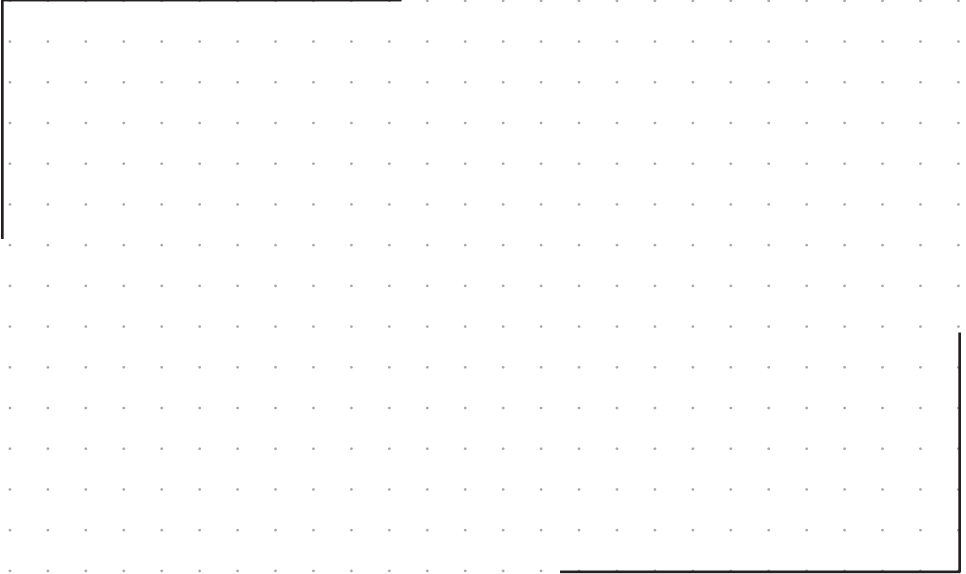
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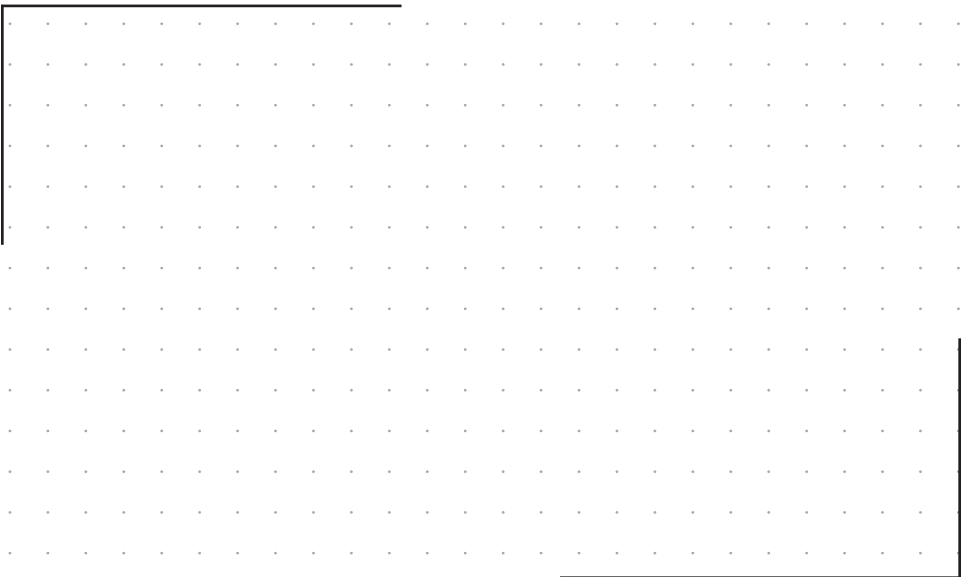
What can I improve on?

Week 5 Patience

1. What past experiences have you recognized your patience in?



2. List 3 ways you can shift to a more patient mindset:



3. What affirmations or positive self-talk can I use to remind myself to stay patient?

"Endurance is patience concentrated."

- Thomas Carlyle

Having patience can be one of our greatest tools in being successful. How? Listen to this podcast episode by *The Mindset Mentor* to gain some new insight!



Date: _____





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“Sunshine” moments:

[illegible]

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Monday

Water Tracker



Mood/Emotion Tracker

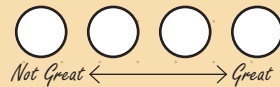


Tuesday

Water Tracker



Mood/Emotion Tracker



Wednesday

Water Tracker



Mood/Emotion Tracker



Thursday

Water Tracker



Mood/Emotion Tracker



Friday

Water Tracker



Mood/Emotion Tracker



Not Great ← → *Great*

Saturday

Water Tracker



Mood/Emotion Tracker



Not Great ← → *Great*

Sunday

Water Tracker



Mood/Emotion Tracker



Check-In:

How did I do on my goals this week?


What did I do well this week?

What can I improve on?

Goal Review

Look back at the goals you made at the beginning of the month.
What did you do well? What do you want to do better next month?

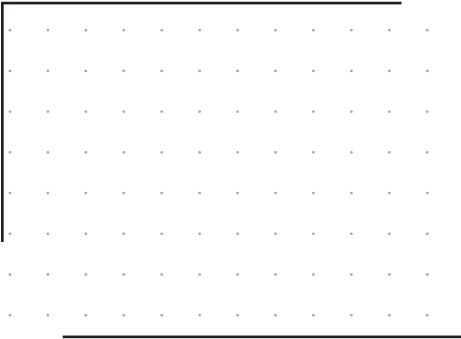
Mental Health




Spiritual Health



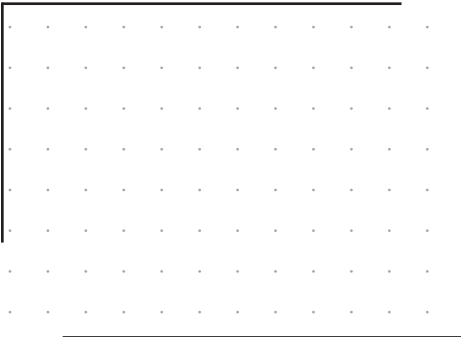
Social Health



Physical Health



Financial Health



Other Goals



