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 digital design duo 02@gmail.com



Designed by Digital Design Duo in collaboration with Bethany Stone.

							٠		٠		٠	٠	٠	٠	٠						٠		٠	٠	٠			٠	٠
							٠	٠	٠	•	٠	٠	٠	٠	٠	٠		٠	٠	٠	٠		٠	٠	٠	٠	٠	٠	
٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
٠	٠	٠	٠			•	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
٠					•	•	٠	٠	٠	٠	٠	٠				٠	٠	٠		•	٠	٠	٠	٠	٠	٠	٠	٠	٠
*	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
٠	٠	•	•	•	•	•	٠	٠	٠	•	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	•	٠	٠	٠	•	٠	٠	٠
٠																													
٠																			٠										
٠							٠						٠	٠	٠	٠		٠	٠	٠			٠		٠				
٠							٠	٠	٠	٠	٠														٠			٠	
٠	٠	٠	٠	٠			٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
٠	٠	٠			•	•	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
٠	•			•		•	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
																			٠										
٠				٠			٠	٠	٠		٠	٠	٠	٠	٠	٠		٠	٠	٠	٠		٠	٠	٠	٠	٠	٠	٠
٠							٠	٠	٠		٠	٠								٠	٠		٠		٠			٠	
							٠	٠	٠		٠	٠											٠		٠			٠	
							٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	
٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
٠	٠	٠	٠	٠			٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
																												٠	
٠							٠																					٠	
٠																												٠	
٠																												•	
*																													
-			-					-		_			-	-	-	-	_		-	-	-		-	-	-	-	-		



_	Sunday Mo			٠						. ′′		٠											
	Su	nda	ay.	. 1	Mor	nday		·To	uesc	day	Wed	dnes	day	٠T١	nurs	day	- 1	Frida	y -	· S	atur	day	
ľ	٠	٠	٠				٠	٠		٠		•						٠	•			٠	
L	٠	٠	٠		٠	٠		٠	٠	٠			٠		٠			٠	٠		٠	٠	
		٠	٠						٠	٠								٠					٠
	٠		٠					٠	٠	٠												٠	
	٠		٠					٠	٠	٠		٠	٠					٠				٠	
L				├										_						_			_
			٠		٠	٠		٠		٠			٠					٠			•		
										٠											•		٠
	٠	٠	٠		٠	٠		٠	٠	٠			٠		٠			٠	•	٠	٠	٠	٠
Γ	٠	٠	٠		٠	٠	٠	٠	٠	٠		٠	٠		٠			٠	٠		٠	٠	
		٠	٠		٠	٠			٠	٠								٠	٠		٠		٠
		٠				٠		٠	٠	٠		•		٠					•		•		٠
L	٠	٠	٠	٠	٠	٠	•	٠	٠	٠		•	٠	٠	٠			٠	٠		٠	٠	-
	٠	٠	٠		٠	٠	٠		٠	٠		•			٠			٠	٠		•	•	٠
		٠			٠			•	٠	٠					•						•	•	٠
	٠	٠	٠		٠	٠	•	•	٠	٠		٠	٠		٠			٠	•		•	٠	٠
r		_			-			-	-														_
		٠	٠		٠	٠		٠	٠	٠			٠					٠			•	•	٠
			٠			•	٠	•	٠	٠		•	٠								•	•	٠
	٠	٠	٠		٠	•	٠	٠	•	٠		•	٠		٠			٠	•		•	٠	٠

Top Priorities	This Month	1
----------------	------------	---







Next Two Months

SU	. M	. Т	. W .	. TH .	F .	SA.

· · · · · · · · · · · · · · · · · · ·

Current Goals

		Mental Health	Spiritual Health
			· · · · · · · · · · · · · · · · · · ·
		Social Health	Physical Health
.1			
		Financial Health	Other Goals
			· · · · · · · · · · · · · · · · · ·

Finance Tracker

Income

D	Date				So	Source									Amount									
																	\$							
																	\$							
	٠		٠	٠			٠		٠	٠							\$	٠	٠	٠	٠	٠		
																	\$		٠					
																	\$							

Spending

Date	Description	Category	Amount				
			\$				
			\$				
			\$				
			\$				
			\$				
			\$				
			\$				
			\$				
			\$				
			\$				
			\$				
			\$				
			\$				
			\$				
			\$				
			\$				
			\$				
			\$				

Date	Description	Category	Amount
			.\$
			.\$
			·\$ · · ·
			\$
			\$
			\$
			.\$
			·\$ · · ·
			\$
			\$
			\$
			.\$
			·\$ · · ·
			\$
			\$
			\$
			.\$
			.\$
	<u> </u>		

Totals

	Amount
. Income	\$
Spending · · · · · · · · · · · · · · ·	\$
Other	\$
	\$

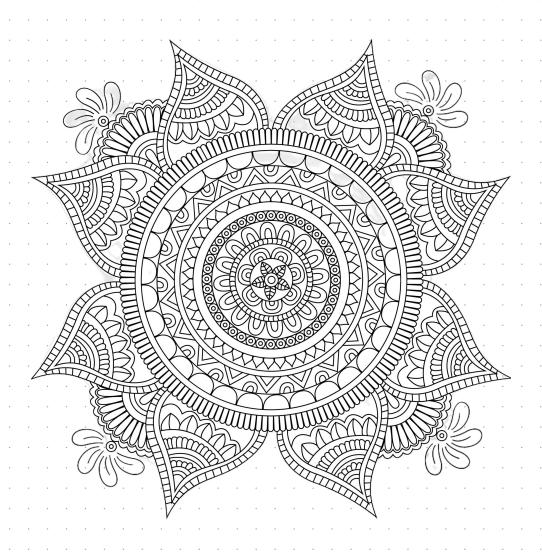
What Can I Control?

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.

can t control						, but can control
l can t control					•	, but I can control
can t control		•	•	•		, but I can control
can't control	•	•	•	•	•	, but I can control
can't control	•	•	•	•	•	, but I can control
can't control 1	•					, but I can control
	٠	٠			٠	

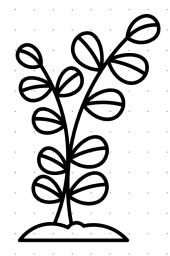
How can I be grateful for the things I can control:

Coloring Page



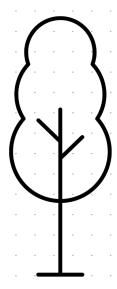
Nurturing Your Goal Garden

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?



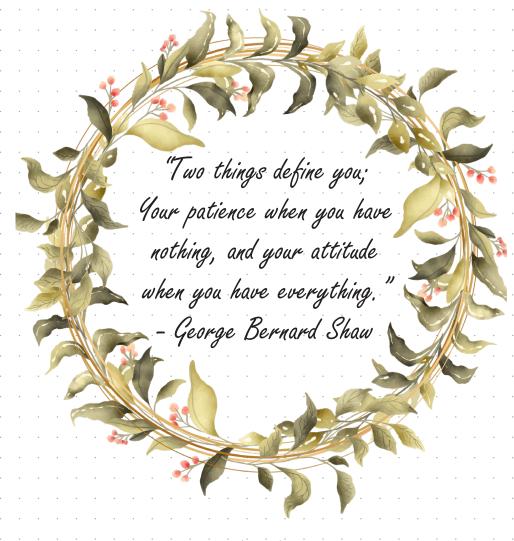
Goals I am nurturing:

Rewards/Benefits of things I have been nurturing:

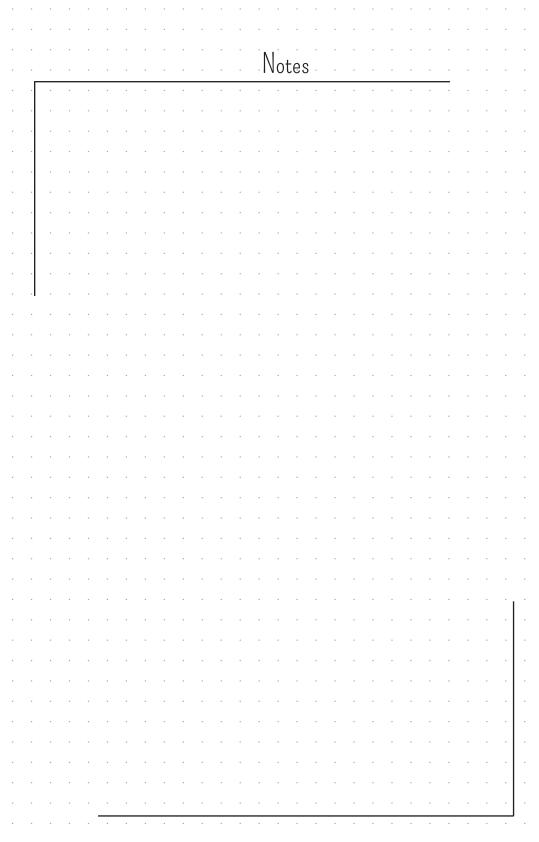


Coloring Page





Thoughts



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	v.do.l	res	pond	to	pea	ple.	being	(im	pat	tier	nt a	roun	d r	ne?)

"You must first have a lot of patience to learn to have patience." - Stanislaw Terzy 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:	٠	٠	٠	٠		٠				٠	
											_



.This week is all about:.											
This week I know I can:	٠	•				٠			•		٠
	٠				٠	٠					
This week I will be more	pat	ien	ţ by	y :							

		. Ի	Hab	its					١	V	Т	١	W	TH	1	F	SA	SU
	٠		٠	٠	٠	٠	٠	٠			٠		٠					
٠																		
٠			٠	٠	٠													
						٠	٠											

	MARKE	WIND THE REAL PROPERTY OF THE PERTY OF THE P	,			'S	un	sh	in	e"	m	or	ne	nt	s:				THINITE THE	TITLE		
	٠	٠	•	٠				٠		٠	٠	٠	٠		•	•	٠	•		٠	٠	
٠		٠						٠			٠			٠	٠	٠	٠			٠		٠
												٠	٠									

TO DO:	Meal Plan:
	 Monday · · · · · · · · ·
	 B:
	 L:
	 D:
	 Tuesday
	 B:
	 <u> </u>
	 D:
	Wednesday
	 B:
	 L:
	 D: ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' '
	 Thursday B:
	 D.
	 L:
	 D: · · · · · · · · · · · ·
	 Friday · · · · · · · · · · ·
	 B: · · · · · · · · · · ·
	 L:
	 D:
	 Saturday · · · · · · · · · ·
	 B:
	 L:
	 D:
	 Sunday
	 B:
	 <u>L</u> : · · · · · · · · · · · ·
	 D:

$\bigvee_{i=1}^{n}$	0	nd	ay	!					Vat	er	Tra	cke	r ·									
					M	loc	d/	Ėm	not	ion	Tra	acke	er	Not) Great	\subset) ($\stackrel{)}{\rightarrow} ($	Great)	
								٠					٠			٠				٠	٠	
																•						
Tı	ue	sd	ay	/ /				. V	Vat	er	Tra	cke	r ·		<u></u>	<u></u>	<u>)</u> (<u></u>)(<u> </u>	<u></u>	
T	ue	sd	ay	/		loc	od/					cke			(Great) () ()(Great)	
	ue	sd	ay	/	. N	loc	od/													Screat .		
T.		sd	ay		· · · · · · · · · · · · · · · · · · ·	loc	od/													\(\text{Great} \)		
								Em	not	ion	Tra	acke	er	Not	Great							
								'Em		ion	Tra	acke	er	Not	Great							
								'En			Tra	acke	er	Not	Great							

	\bigvee_{i}	ec	dn	es	da	ay				·	Vat	er	Tra	cke	er	^)()()(
							M	00	d/I	Em	oti	on	Tra	ack	er		int Gra) (\bigcirc			Gre	at	
														٠										
						•					•						•				•			
	٠.	٠														٠,	٠.	٠.	٠.	٠,	٠,	٠.	٠,	
	Th	ur	'S C	la	У						√at	er	Tra	cke	er	^)()()()()(
-	Th	ur	SC -	la	у ,			000	d/I				Tra Tra)) () (eat <			\int_{0}^{∞}) Cre		
	Th	Ur	'S (la	<u>у</u>		M	000	d/I)) () ! (\int_{0}^{∞}			
	Th		'S(la	y		M	000	d/I)) () ! (\int_{0}^{∞}			
	Th									Em	oti	on	Tra	ack	er	· N3	int Gr) (Gree	at .	
	Th									Em	oti	on	Tra	ack	er	· · · · · · · · · · · · · · · · · · ·	int Gr) (Gree	inat .	
										Em	oti	on	. Tra	ack	er		cot Gr) (Green Control of Contr		

Fri	ida	y.							Vat	ter	Tra	ick	er	^)(<u>\</u>				
					M	loc	od/	Έn	not	tior	n Tr	ac	ker		Clot Gr) weat	\subset)	\subseteq	\rightarrow	Great)	
	٠	٠	٠			٠			٠	٠									٠			٠	
	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	•		٠	٠	٠	•	٠	٠	٠
\sim		Ė											•	. ^	. ^	. /	\ \ \	Λ.	Λ.	Λ.	Λ.	Λ.	
Sa	tu	rd	ay					. V	Vat	ter	Tra	ack	er)(<u>)</u> (
Sa	atu	rd	ay_			loc	od/						er ker	· () ())	(Great		
Se	atu	rda	ay		. M	loc	od/							· () ())			
Sa	atu	rda	ay		. M	loc	od/							· () ())			
								'En		·	Tr	rac	ker	· (Not Gi) weat					Great		
								'En	not		Tr	rac	ker		· · · · · · · · · · · · · · · · · · ·) (ineat					Great		
								'En			Tr		ker	· (ilot Gi	reat					Greats		
								'En	not		Tr		ker	()	· · · · · · · · · · · · · · · · · · ·	reat					Great		

Sunday	Water Tracker	
	Mood/Emotion Tracker	Not Great Great
Check-In:		
How did I do on	my goals this week?	
What did I do w	ell this week?	
What can I impr	ove 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:	٠	٠	٠	٠		٠				٠	
											_



.This week is all about:.											
This week I know I can:	٠	•				٠			•		٠
	٠				٠	٠					
This week I will be more	pat	ien	ţ by	y :							

		. Ի	Hab	its					١	V	Т	١	W	TH	1	F	SA	SU
	٠	٠	٠	٠	٠	٠	٠	٠			٠		٠					
٠																		
٠			٠	٠	٠													
						٠	٠											

	MARKE	WIND THE REAL PROPERTY OF THE PERTY OF THE P	,			'S	un	sh	in	e"	m	or	ne	nt	s:				THINITE THE	TITLE		
	٠	٠	•	٠				٠		٠	٠	٠	٠		•	•	٠	•		٠	٠	
٠		٠						٠			٠			٠	٠	٠	٠			٠		٠
												٠	٠									

TO DO:	Meal Plan:
	 Monday · · · · · · · · ·
	 B:
	 L:
	 D:
	 Tuesday
	 B:
	 <u> </u>
	 D:
	Wednesday
	 B:
	 L:
	 D: ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' '
	 Thursday B:
	 D.
	 L:
	 D: · · · · · · · · · · · ·
	 Friday · · · · · · · · · · ·
	 B: · · · · · · · · · · ·
	 L:
	 D:
	 Saturday · · · · · · · · · ·
	 B:
	 L:
	 D:
	 Sunday
	 B:
	 <u>L</u> : · · · · · · · · · · · ·
	 D:

М	ond	lay	ý.				. /	Na	ter	Tra	ack	er	7 ()(<u>\</u> (<u>\</u> (<u>\</u>	<u>\</u> (<u>\</u>	<u></u>	
					100	od/	Έn	not	ior	n Tr	ac	ker		Vot 4) Great	\subset), (\subseteq	$\stackrel{)}{\rightarrow}$	Great)	
					٠	٠		٠	٠													
			•		٠	٠		٠		•		•					٠	٠			•	
								٠														
														•								
																	-					
Tu	esc	da	y Y				· \	Va	ter	Tra	ack	er))))(<u>)</u> (<u>\</u> (<u>\</u>	<u></u>	<u>\</u>	<u></u>	<u></u>	
Tu	eso	da:	<u>у</u>	 · · · · ·	/100	od/				Tra) Great))	(Great		
Tu	es(da	<u>у</u>	 . N	/100	od/))			
Tu		da	yy	· N	Moo	od/))			
							/Én	not	tion	n Ti	rac	ker		Not U	Great					Great		
							/Én		tion	n Ti	·	ker		Wot Q	Great					Great		
							'Én		tion	n TI	rac	ker		Wot G	Great					Great		

	\bigvee_{i}	ec	dn	es	da	ay				·	√at	er	Tra	cke	er	^)()(
							M	00	d/I	Em	oti	on	Tra	ack	er		int Gra) (\bigcirc			Gre	at	
														٠										
						•				•							•				•			
	٠,	٠														٠,	٠.	٠.	٠.	٠,	٠,	٠.	٠,	
	Th	ur	'S C	la	У						√at	er	Tra	cke	er	^)()()()()(
-	Th	ur	SC -	la	у ,			000	d/I				Tra Tra)) () (eat <			$\frac{1}{2}$) Cre		
	Th	Ur	'S (la	<u>у</u>		M	000	d/I)) () ! ($\frac{1}{2}$			
	Th		'S(la	y		M	000	d/I)) () ! ($\frac{1}{2}$			
	Th									Em	oti	on	Tra	ack	er	· N3	int Gr) (Gree	at .	
	Th									Em	oti	on	Tra	ack	er	· · · · · · · · · · · · · · · · · · ·	int Gr) (Gree	inat .	
										Em	oti	on	. Tra	ack	er		cot Gr) (Green Control of Contr		

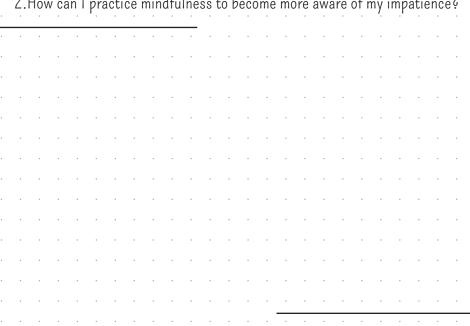
Friday		· · · \	Water	Tracker				
	Мс	od/Er	notion	Tracker	Not Great		$ \int_{0}^{\infty} \int_{0}^{\infty} dx $ Great	
						· · · ·	^ ^ ^	•
Saturday			Water	Tracker	$\triangle \triangle ($			
Saturday	Mc			Tracker Tracker			Great	
Saturday	* Mc							
Saturday	* Mc							
		ood/Er	motion	Tracker	Not Great		Great	
		ood/Er	motion	Tracker	Not Great		Great	•
		ood/Er	motion	Tracker	Not Great		Great	
		ood/Er		Tracker	Not Great		Great	

Si	ını	da	y						. \	Vat	er -	Tra	cke	er	\bigcirc)		
						N	- 100	od/	En	not	ion	Tra	ack	er) et Gre	eat \leftarrow	\bigcirc	() Gre	oat .			
		٠							,						٠			٠				٠			
		٠	٠								٠	٠	٠	٠	٠	٠	٠	٠				٠	٠	٠	
٠	٠	*	٠	٠	٠	٠					٠	٠	٠	٠	*	*	*	٠	٠	٠	٠	•	٠	٠	
									,																
		٠																				٠		٠	
		٠	٠			٠			,			٠	٠		٠	٠	٠			٠		٠	٠	٠	
		٠			٠				•		٠	٠	٠	٠	٠	٠	٠	٠				٠	٠	٠	
												٠						٠				٠	•	٠	
٠.		•							,																ļ
Cł	ne	ck		n:							٠														
Ho	w c	did	l c	do	or	'n	nν	ao	als	th	is w	/eˈe	k?												
							.,															٠		٠	
		٠	٠		٠	٠						٠			٠		٠	٠				٠	٠	٠	
	٠	٠	٠	٠	٠	٠		•			٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	
Wh	+	ماند	1 · I	da		ا م،	l +l	oio		 ماد	· 2 ·														
VVII	ıaı	uic	۱ <i>د</i>	uo		/ei	ı u		vve	ek	:							٠							
									,													٠		٠	
		٠	٠		٠	٠							٠									٠	٠	٠	
			٠			٠	, o	On			٠	٠						٠				٠	٠	٠	
۰ ۱۸/h	+ د	c	٦ I	im	n	\sim			:																ı
Wh	at	car	n. I	im	pr	OV	<i>'</i> E	011																	1
Wh	at	car	n.l	im	pr	:ОV	/E				٠											٠	٠		
Wh	at	car	n.l	im	pr	OV																			

Week 3 Patience

. 1	I. W	Vha	it t	i ngu	ght	s .a	CCO	m.p.	any	my	, fee	elin	gs (of ii	пра	atie	nçe	? F	osi)	tive	!	Veg	ativ	/e?
Г																								
	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠		٠	٠
			٠	٠	٠		٠						٠	٠	٠	٠	٠	٠	٠	٠	٠	٠		٠
	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠		٠	٠
٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
٠	•	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	•	٠	٠
•		•	٠	٠	٠	٠	٠	٠	٠	٠	٠		٠	٠	٠	٠	٠	٠	٠	٠	٠	•	٠	٠
•	٠	•	٠	٠	٠	٠	•	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	•	٠	٠
			٠	٠	٠		٠	٠						٠	٠				٠	٠	٠			

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:	٠	٠	٠	٠	٠		٠				٠	
												_



.This week is all about:.											
This week I know I can:	٠	•				٠			•		٠
	٠				٠	٠					
This week I will be more	pat	ien	ţ by	y :							

		. Ի	Hab	its					١	V	Т	١	W	TH	1	F	SA	SU
	٠	٠	٠	٠	٠	٠	٠	٠			٠		٠					
٠																		
٠			٠	٠	٠													
						٠	٠											

	MARKE	WIND THE REAL PROPERTY OF THE PERTY OF THE P	,			'S	un	sh	in	e"	m	or	ne	nt	s:				THINITE THE	TITLE		
	٠	٠	•	٠				٠		٠	٠	٠	٠		•	•	٠	•		٠	٠	
٠		٠						٠			٠			٠	٠	٠	٠			٠		٠
												٠	٠									

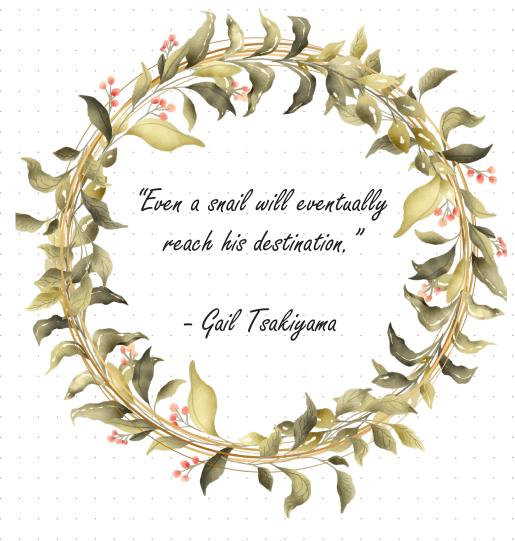
TO DO:	Meal Plan:
	 Monday · · · · · · · · ·
	 B:
	 L:
	 D:
	 Tuesday
	 B:
	 <u> </u>
	 D:
	Wednesday
	 B:
	 L:
	 D: ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' '
	 Thursday B:
	 D.
	 L:
	 D: · · · · · · · · · · · ·
	 Friday · · · · · · · · · · ·
	 B: · · · · · · · · · · ·
	 L:
	 D:
	 Saturday · · · · · · · · · ·
	 B:
	 L:
	 D:
	 Sunday
	 B:
	 <u>L</u> : · · · · · · · · · · · ·
	 D:

$\bigvee_{i=1}^{n}$	0	nd	ay	!					Vat	er	Tra	cke	r ·									
					M	loc	d/	Ėm	ot	ion	Tra	acke	er	Not) Great	\subset) (\subseteq	$\stackrel{)}{\rightarrow} ($	Great) .	
								٠	٠					٠						٠	٠	
T	ue	sd	ay	/				. V	Vat	er	Tra	cke	r ·			<u></u>	<u>)</u> (<u> </u>)()(<u></u>	
T	ue	sd	ay	- /	· · ·	loc	od/					cke			(Great)(C)(Great)	
T	ue	sd	ay	/	. N	loc	od/)(Great		
		sd	ay		· · · · · · · · · · · · · · · · · · ·	loc														\(\text{Great} \)		
								Em	not	ion	Tr	acko	er	Not	Great							
								'Em		ion		ack	er	Not	Great							
								'En			Tro	ack	er	Not	Great							

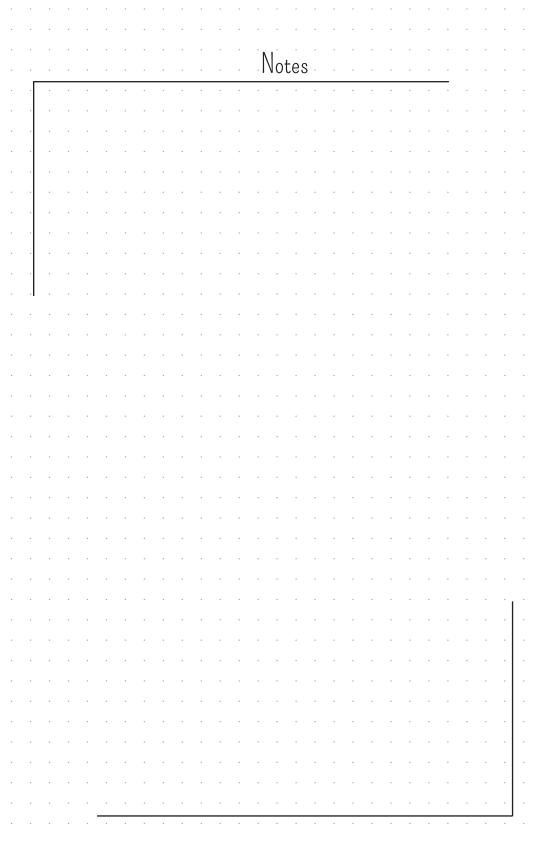
	\bigvee_{i}	ec	dn	es	da	ay				·	√at	er	Tra	cke	er	^)()()(
							M	00	d/I	Em	oti	on	Tra	ack	er		ist Gr) (eat <	\bigcirc			Gre	at	
														٠										
						•				•					•	•					•			
	٠,	٠														٠,	٠.	٠.	٠.	٠,	٠.	٠.	٠,	
	Th	ur	'S C	la	У						√at	er	Tra	cke	er	^)()()()(
-	Th	ur	SC -	la	у ,			000	d/I				Tra Tra			, () (eat <			$\frac{1}{2}$) Cre		
	Th	Ur	'S (la	<u>у</u>		M	000	d/I							, () ! ($\frac{1}{2}$			
	Th		'S(la	y		M	000	d/I							, () ! ($\frac{1}{2}$			
	Th									Em	oti	on	. Tra	ack	er	· · · · · · · · · · · · · · · · · · ·	int Gr) (eeat <				Gree	at .	
	Th									Em	oti	on	Tra	ack	er		int Gr) (eat <				Gree	inat .	
										Em	oti	on	. Tra	ack	er		ot Gr) (Green Control of the		

Fri	ida	y,							Vat	ter	Tra	ick	er)(<u>\</u> (<u></u>	
						loc	od/	Έn	not	tior	n Tr	acl	cer		ot Gre	cat <	\supset) ($\left(\begin{array}{c} 1 \\ 1 \\ 1 \end{array}\right)$	Great)	
	٠	٠							٠	٠												٠	
	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠								٠	٠	٠	٠	•
\sim				•	•							•		. ^			_	. /	Ċ	<u>^</u>	Λ.	Λ.	
Sa	tu	rd	ay	· ·				. V	Vat	ter	Tra	ick	er)()()(<u>\</u>	
Sa	atu	rd	ay			loc	od/							. (($\sum_{i=1}^{n}$)) ()(Great)	
Se	atu	rda	ay		. N	loc	od/							. (($\sum_{i=1}^{n}$)) (
Se	atu	rda	ay		, N	loc	od/							. (($\sum_{i=1}^{n}$)) (
								'En		·	Tr	acl	cer		Ont Green	(cat <					Great		
								'En	not		Tr	acl	cer	Naar Naar Naar Naar Naar Naar Naar Naar	t Green	cat &					Great	٠	
								'En			Tr	cacl	cer	Na .	Greet Gree						Great		
								'En	not		Tr	acl	cer	No.	ot Green	caat <					Great		

Sunday	Water Tracker	
	Mood/Emotion Tracker	Not Great Great
Check-In:		
How did I do on	my goals this week?	
What did I do w	ell this week?	
What can I impr	ove on?	



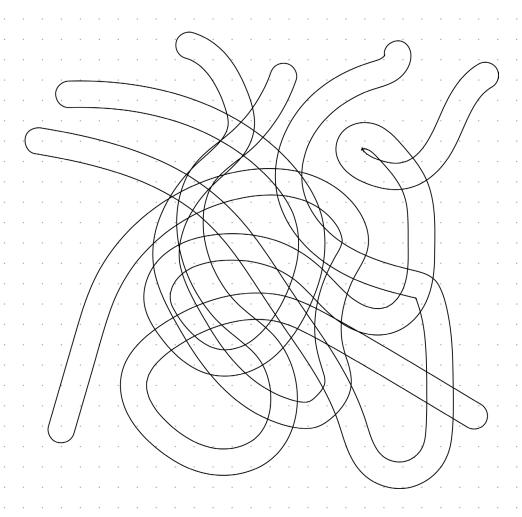
Thoughts



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	nosi	tive	out	 com	es.	have	resi	ilte	d f	rom	beir	าฮ์	nati	ent.	in	the	nas	t2
Ο.	v v mac	Poor	CIVC	out	COIII	CO	navc	1000	1166	uı	10111	DOII	18	Puu	CIIC		CITC	Puo	٠.

"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.



Date:	٠	٠	٠	٠		٠				٠	
											_



.This week is all about:.											
This week I know I can:	٠	•				٠			•		٠
	٠					٠					
This week I will be more	pat	ien	ţ by	y :							

		. Ի	Hab	its					١	V	Т	١	W	TH	1	F	SA	SU
	٠		٠	٠	٠	٠	٠	٠			٠		٠					
٠																		
٠			٠	٠	٠													
						٠	٠											

	MARKE	WIND THE REAL PROPERTY OF THE PERTY OF THE P	,			'S	un	sh	in	e"	m	or	ne	nt	s:			THINITE THE	TITLE		
	٠	٠		٠				٠		٠	٠	٠	٠		•		٠		٠	٠	•
٠		٠						٠						٠	٠	٠	٠		٠		٠
												٠	٠								

TO DO:	Meal Plan:
	 Monday · · · · · · · · ·
	 B:
	 L:
	 D:
	 Tuesday
	 B:
	 <u> </u>
	 D:
	Wednesday
	 B:
	 L:
	 D: ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' '
	 Thursday B:
	 D.
	 L:
	 D: · · · · · · · · · · · ·
	 Friday · · · · · · · · · · ·
	 B: · · · · · · · · · · ·
	 L:
	 D:
	 Saturday · · · · · · · · · ·
	 B:
	 L:
	 D:
	 Sunday
	 B:
	 <u>L</u> : · · · · · · · · · · · ·
	 D:

$\bigvee_{i=1}^{n}$	0	nd	ay	!					Vat	er	Tra	cke	r ·									
					M	loc	d/	Ėm	not	ion	Tra	acke	er	Not) Great	\subset) ($\stackrel{)}{\rightarrow} ($	Great)	
								٠					٠			٠				٠	٠	
																•						
Tı	ue	sd	ay	/				. V	Vat	er	Tra	cke	r ·		<u></u>	<u></u>	<u>)</u> (<u></u>)(<u> </u>	<u></u>	
T	ue	sd	ay	/		loc	od/					cke			(Great) () ()(Great)	
	ue	sd	ay	/	. N	loc	od/													Screat .		
T.		sd	ay		· · · · · · · · · · · · · · · · · · ·	loc	od/													\(\text{Great} \)		
								Em	not	ion	Tra		er	Not	Great							
								'Em		ion	Tra	acke	er	Not	Great							
								'En			Tra	acke	er	Not	Great							

	\bigvee_{i}	ec	dn	es	da	ay				·	Vat	er	Tra	cke	er	^)()(
							M	00	d/I	Em	oti	on	Tra	ack	er		ist Gra) (\bigcirc			Gre	at	
														٠										
	•					•				•							•				•			
	٠,	٠			٠											٠,	٠.	٠.	٠.	٠.	٠,	٠.	٠,	
	Th	ur	'S C	la	У						√at	er	Tra	cke	er	^)()()()()(
-	Th	ur	SC -	la	у ,			000	d/I				Tra Tra)) () (eat <			$\frac{1}{2}$) Cre		
	Th	Ur	'S (la	<u>у</u>		M ·	000	d/I)) () ! ($\frac{1}{2}$			
	Th		'S(la	y		M	000	d/I)) () ! ($\frac{1}{2}$			
	Th									Em	oti	on	. Tra	ack	er	· N3	int Gr) (Gree	at .	
	Th									Em	oti	on	Tra	ack	er	· · · · · · · · · · · · · · · · · · ·	int Gr) (Gree	inat	
										Em	oti	on	. Tra	ack	er		cot Gr) (Green Control of the		

Fri	ida	y.							Vat	ter	Tra	ick	er	^)(
					M	loc	od/	Έn	not	tior	n Tr	ac	ker		Clot Gr) weat	\subset)	\subseteq	\rightarrow	Great)	
	٠	٠	٠			٠			٠	٠									٠			٠	
	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	•		٠	٠	٠	•	٠	٠	٠
\sim		Ė											•	. ^	. ^	. /	٠.	Λ.	Λ.	Λ.	Λ.	Λ.	
Sa	tu	rd	ay					. V	Vat	ter	Tra	ack	er)(<u>)</u> (
Sa	atu	rd	ay_			loc	od/						er ker	· () ())	(Great		
Se	atu	rda	ay		. M	loc	od/							· () ())			
Sa	atu	rda	ay		. M	loc	od/							· () ())			
								'En		·	Tr	rac	ker	· (Not Gi) weat					Great		
								'En	not		Tr	rac	ker		· · · · · · · · · · · · · · · · · · ·) (ineat					Great		
								'En			Tr		ker	· (ilot Gi	reat					Greats		
								'En	not		Tr		ker	(()	· · · · · · · · · · · · · · · · · · ·	reat					Great		

Sunday	Water Tracker	
	Mood/Emotion Tracker	Not Great Great
Check-In:		
How did I do on	my goals this week?	
What did I do w	ell this week?	
What can I impr	ove 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 luse 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:	٠	٠	٠	٠		٠				٠	
											_



.This week is all about:.											
This week I know I can:	٠	•				٠			•	•	٠
	٠					٠					
This week I will be more	pat	ien	ţ by	y :							

		. Ի	Hab	its					١	V	Т	١	W	TH	1	F	SA	SU
	٠		٠	٠	٠	٠	٠	٠			٠		٠					
٠																		
٠			٠	٠	٠													
						٠	٠											

	MARKE	ALL THE STATE OF T				'S	un	sh	nin	е"	m	or	ne	nt	s:			THINITE THE			
	٠	٠	٠	٠				٠	٠		٠	٠							٠	٠	•
٠			٠							٠			٠	٠	٠	٠					٠
												٠									

TO DO:	Meal Plan:
	Monday · · · · · · · · ·
	. B:
	. L
	. D:
	Tuesday
	. B:
	. E
	. D:
	Wednesday B:
	. L:
	D: · · · · · · · · · · · ·
	Thursday
	B:
	D: · · · · · · · · · · ·
	Friday · · · · · · · · · · · ·
	B: · · · · · · · · · · ·
	L:
	D:
	Saturday
	B:
	[E:
	D:
	Sunday
	B:
	Ď:

$\bigvee_{i=1}^{n}$	0	nd	ay	!					Vate	er Ti	ack	er									
					M	00	d/1	Ėm	otio	on T	rac	ker		ot Gre	eat ←		\supset) } } G	Preat) .	
																٠				٠	
T	ue	sd	ay	/				. V	Vate	er Ti	ack	er)()	
T	ue	sd	ay	/			od/			er Ti			. () (eat \() (-> G	reat)	
T	ue	sd	ay	/	 . M	loc							. () (Preat		
		sd	ay		· M	loc	od/						. () ()() (;			
								Ém	otio	on .	Γrac	ker	N.	lot Gr) (
								Em	noti	on	Frac	ker	N.	Control of the contro) (
								Em		on :		ker	<i>N</i>	Villot Gr) (•				

	\bigvee_{i}	ec	dn	es	da	ay				·	√at	er	Tra	cke	er	^)(
							M	00	d/I	Em	oti	on	Tra	ack	er		int Gra) (\bigcirc			Gre	at	
													٠											
٠.	٠.															٠.	٠.	٠.	٠.	٠.	٠.	٠.	٠.	
	Th	ur	'S C	la	У						Vat	er	Tra	cke	er	^)()()()()(
	Th	ur	'SC	la	у ,			000	d/I				Tra Tra)) () (eat <			\int_{0}^{∞}) C		
	Th	Ur	'S (la	<u>у</u>		M	000	d/I)) () ! (\int_{0}^{∞}			
	Th		'S(la	у <u>у</u>		M	000	d/I)) () ! (\int_{0}^{∞}			
	Th									Em	oti	on	. Tra	ack	er		int Gran) (Gree	at .	
	Th									Em	oti	on	. Tra	ack	er		int Gran) (Gree	inat .	
										Em	oti	on	. Tra	ack	er		ot Gr) (Green Control of the		

Friday		· · · \	Water	Tracker				
	Мс	od/Er	notion	Tracker	Not Great		$ \int_{0}^{\infty} \int_{0}^{\infty} dx $ Great	
						· · · ·	^ ^ ^	•
Saturday			Water	Tracker	$\triangle \triangle ($			
Saturday	Mc			Tracker Tracker			Qreat	
Saturday	* Mc							
Saturday	* Mc							
		ood/Er	motion	Tracker	Not Great		Great	
		ood/Er	motion	Tracker	Not Great		Great	•
		ood/Er	motion	Tracker	Not Great		Great	•
		ood/Er		Tracker	Not Great		Great	

Su	'n	da	y						M	/ate	er -	Гrа	cke	er	\bigcirc)		
						M	loc	od/	Em	oti	on	Tra	ack	er) et Gre	at \leftarrow	\bigcirc	()	Gre	oat .			
															٠			٠							
		٠				•		٠	٠	٠		٠	٠		٠		٠	٠			٠	٠	٠	•	
٠	•	٠	٠	٠	٠	•	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	•	
٠		٠													٠										
		٠								٠			٠		٠		٠				٠	٠	٠		
		٠				•	٠	٠	٠	٠		٠	٠		٠	٠	٠	٠			٠	٠	٠	•	
							٠											٠				٠			
•		•																							ļ
Ch	ie	ck		n:					٠	٠	٠													٠	
Ηοι	ΝĊ	bib	l c	ók	or	'n	٦v.	aoi	als	this	Sίν	ee	k?												
							٠,	9 - 1																	
		٠	٠						•	٠	٠	٠			٠			٠				٠	•		
٠	٠	٠	٠	٠	٠	٠		٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	•	
Wh	· ~+	ماند	1 · I	٠.		الم،	ا+ ا	·		ماد2															
V V I I	at	uic	۱ <i>د</i>	uo		/eii	ı u		we:	ek:								٠							
	٠	٠	٠							٠					٠							٠			
Wh	⋺+		ما	im	n.			an?		٠	٠	٠						٠				٠	٠	•	
V V I I	al	cai	I. I	шП	μι	υv	e (JII	•	•	•	٠					•	٠	٠		٠	٠	٠	•	
																									1

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?

٠				Mental Health	· · · Spiritual Health · · ·
					
	٠		٠		
	٠		٠		
	٠.				
				Social Health	Physical Health
•	٠	•	٠		
			٠		
	٠		٠		
		•			
				Financial Health	Other Goals
	٠		٠		
	٠		٠		
	٠				
					•

							٠				٠		٠		٠													٠	٠
٠			٠	٠		٠	٠	٠	٠		٠	٠	٠	٠	٠	٠	٠		٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
٠	٠	٠	٠	٠			٠		٠	٠	٠	٠	٠	٠	٠	٠	٠	٠				٠	٠	٠	٠	٠	٠	٠	٠
٠		٠	٠	٠		٠	٠		٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠		٠	٠	٠	٠	٠
٠							٠	٠	•	•	٠	٠	•	٠	٠		٠					•			٠	٠	٠	٠	•
٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
•	•	٠	٠	٠	•	٠	٠	•	•	•	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	•	•	٠	•	٠	٠
																													٠
																													٠
						٠	٠		٠					٠							٠	٠	٠		٠	٠	٠	٠	٠
٠						٠	٠		٠		٠	٠	٠	٠	٠	٠	٠				٠	٠	٠		٠	٠	٠	٠	٠
٠	٠	٠	٠	٠		٠	٠		٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	
٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
٠	٠	٠	٠	٠		٠	٠			•	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠		٠	٠	٠	٠	٠
٠	٠	٠	٠	٠		٠	٠	•	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	•	•	٠	٠	٠	•	٠	٠	٠	٠	٠
٠	٠	•	٠	•	٠	٠	٠	٠	•	٠	•	٠	٠	٠	٠	٠	٠	•	٠	•	٠	٠	٠	٠	٠	٠	٠	٠	•
																													٠
																													٠
٠	٠	٠	٠	٠		٠	٠	٠	٠		•	•	٠	٠	٠	٠	٠		٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
٠				٠					٠				٠	٠	٠	٠						٠	٠		٠		٠	٠	٠
٠		٠	٠	٠		٠	٠			٠	٠	٠	٠	٠	٠	٠		٠			٠	٠	٠		٠		٠	٠	٠
٠								٠																					
٠	٠																												
٠	٠							٠																					
٠																													
٠	٠	٠	٠	٠	•	٠	٠	•	٠	•	•	•	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	•	٠	٠	٠	٠	٠
	•	•	•	•	•	•	•	•	•	•	•	•	•			•	•	•	•	•	•	•	•	•		•			

							٠	٠	٠	٠	٠	٠	٠	٠	٠								٠	٠	٠			٠	٠
							٠	٠	٠	٠	٠	٠	٠	٠	٠	٠		٠	٠	٠			٠	٠	٠	٠	٠	٠	
٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
٠	٠	٠	٠			•	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
٠					•	•	٠	٠	٠	٠	٠	٠				٠	٠	٠		•	٠	٠		٠		٠	٠	٠	٠
*	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
٠	٠	٠	•	•	•	•	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	•	٠	٠	٠		٠	٠	٠
٠																													
٠																			٠										
٠							٠							٠	٠	٠		٠	٠	٠			٠		٠				
٠							٠	٠	٠	٠	٠														٠			٠	
٠	٠	٠	٠	٠			٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
٠	٠	٠			•	•	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
٠	•	٠		•		•	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
٠	٠	٠	٠	٠	٠	•	٠	٠	٠	٠	٠		٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
																			٠										
٠		٠		٠			٠	٠	٠	٠	٠	٠	٠	٠	٠	٠		٠	٠	٠			٠	٠	٠	٠	٠	٠	٠
٠		٠					٠	٠	٠	٠	٠	٠								٠			٠		٠			٠	
							٠	٠	٠	٠	٠	٠											٠		٠			٠	
							٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	
٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
٠	٠	٠	٠	٠			٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠	٠
٠																												٠	
٠									٠																			٠	
٠																												٠	
٠																												•	
*																													
-		•	-					-		_		_	-	-	-	-	_		-	-			-	-	-	-	-		