

# Welcome to Your Health Journal!

Hi, my name is Reena and I'm excited to welcome you to greated health!

I created this journal out of my own desperate need to get my health back. To be free of pills that simply masked my symptoms.

so, after much research and design. this easy to use yet powerful Heal Journal was born. What makes it special is that-

- It's QUICK- Just 5 minutes a day
- It's INSPIRING- quotes a day
- It's COMPLETE- tracks all aspects of healing

Come on over to [www.HealCircle.org](http://www.HealCircle.org) for free tips and training on how to best use your Heal Journal. Get health insights from world's best doctors while you are there.

Got questions or feedback? Reach me at [reena@HealCircle.org](mailto:reena@HealCircle.org)

I would love to connect with you at:

[HEALCIRCLES.ORG](http://HEALCIRCLES.ORG)

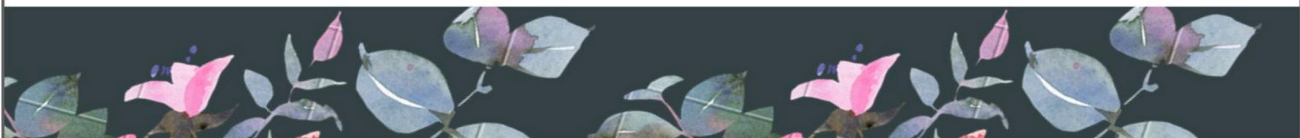
[www.Linkedin.com/in/reena](http://www.Linkedin.com/in/reena)

[www.twitter.com/reenajadhav](http://www.twitter.com/reenajadhav)

Turn this page and let's get started. Here's to your health!

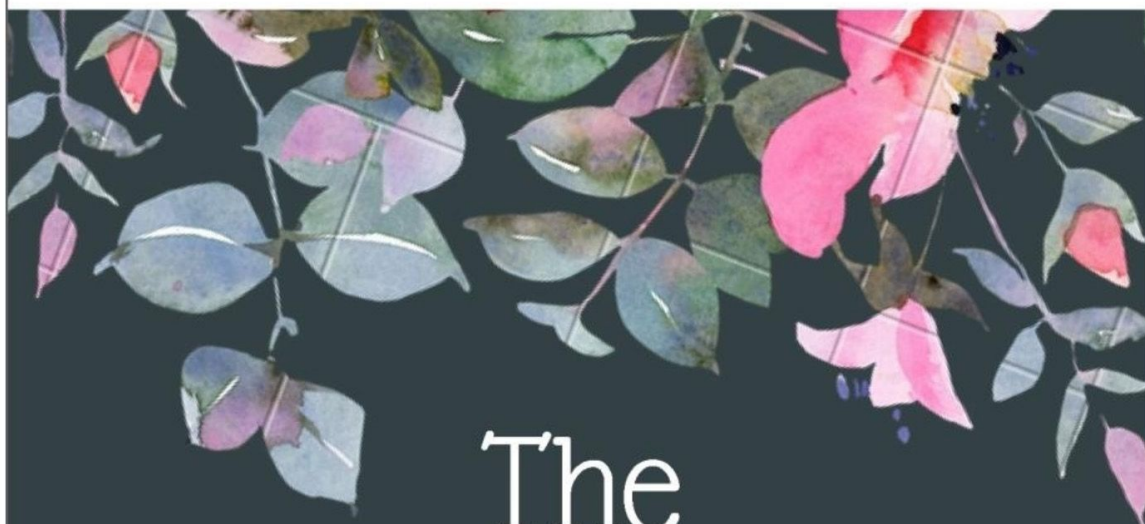


*Reena*





I'M READY TO HEAL!



# The HEALTH Journal

Dedicated to Sujay, Priyanka, Nikita, Mom, Dad & Dr. Tait  
You helped me heal with your love.

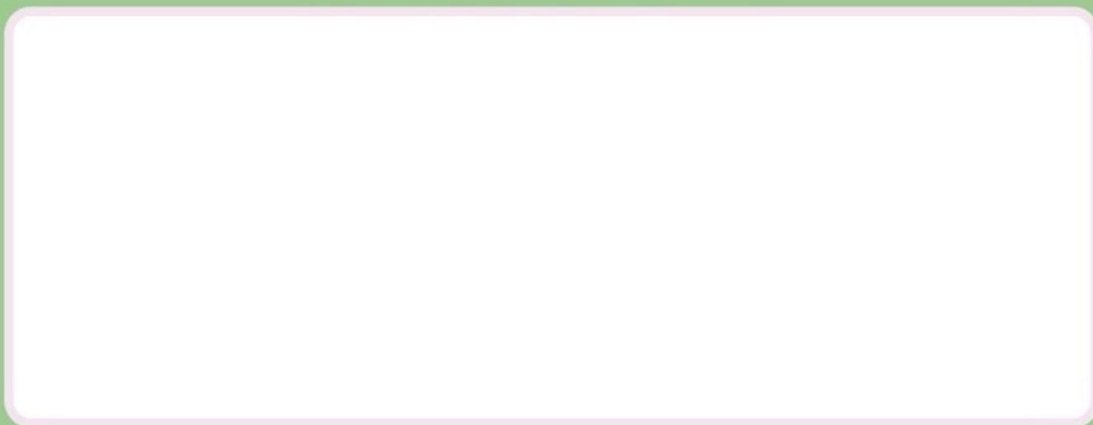
VOLUME 1  
BY REENA A JADHAV  
ALL RIGHTS RESERVED  
MAY NOT BE COPIED WITHOUT PERMISSION  
HEALCIRCLES.ORG

This journal is your best friend as you get your health back! It will be with you every moment, listen to you, remind you, bless you, and help you always.



# WEEK 1

Notes & Reminders



**The natural healing  
force within each of us  
is the greatest force in  
getting well**



HealCircle.org



WEEK

1

MONDAY

MY MOOD & GOALS

Blank space for mood and goals.

MY SYMPTOMS

Blank space for symptoms.

WHAT I ADDED

Blank space for what was added.

WHAT I REMOVED

Blank space for what was removed.

TESTS/PROCEDURES DONE, RESULTS

Blank space for tests and procedures.

I'M GRATEFUL FOR

Blank space for gratitude.



# WEEK 2

Notes & Reminders



Success is the sum of  
small efforts, repeated  
day in and day out.



WEEK

2

MONDAY

MY MOOD & GOALS

Blank white space for mood and goals.

MY SYMPTOMS

Blank white space for symptoms.

WHAT I ADDED

Blank white space for what was added.

WHAT I REMOVED

Blank white space for what was removed.

TESTS/PROCEDURES DONE, RESULTS

Blank white space for tests and results.

I'M GRATEFUL FOR

Blank white space for gratitude.



# WEEK 3

Notes & Reminders

A large, empty white rectangular box with rounded corners and a thin purple border, intended for notes and reminders.



**EXTEND THE SAME  
COMPASSION TO YOURSELF AS  
YOU WOULD TO YOUR FRIENDS**



WEEK

3

MONDAY

MY MOOD & GOALS

Blank space for mood and goals.

MY SYMPTOMS

Blank space for symptoms.

WHAT I ADDED

Blank space for what was added.

WHAT I REMOVED

Blank space for what was removed.

TESTS/PROCEDURES DONE, RESULTS

Blank space for tests and procedures.

I'M GRATEFUL FOR

Blank space for gratitude.

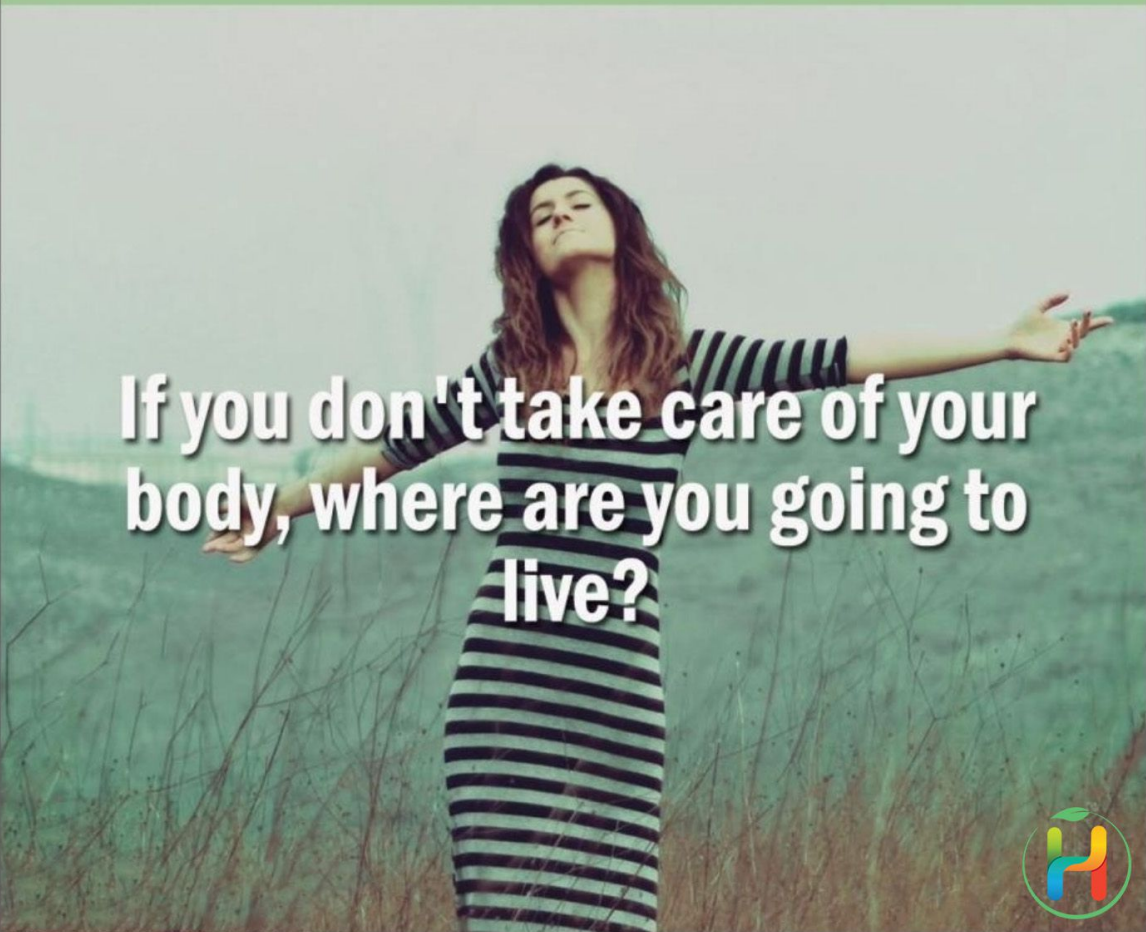




# WEEK 4

Notes & Reminders

A large, empty white rectangular box with rounded corners and a thin purple border, intended for notes and reminders.



**If you don't take care of your  
body, where are you going to  
live?**



WEEK

4

MONDAY

MY MOOD & GOALS

Blank space for mood and goals.

MY SYMPTOMS

Blank space for symptoms.

WHAT I ADDED

Blank space for what was added.

WHAT I REMOVED

Blank space for what was removed.

TESTS/PROCEDURES DONE, RESULTS

Blank space for tests and results.

I'M GRATEFUL FOR

Blank space for gratitude.



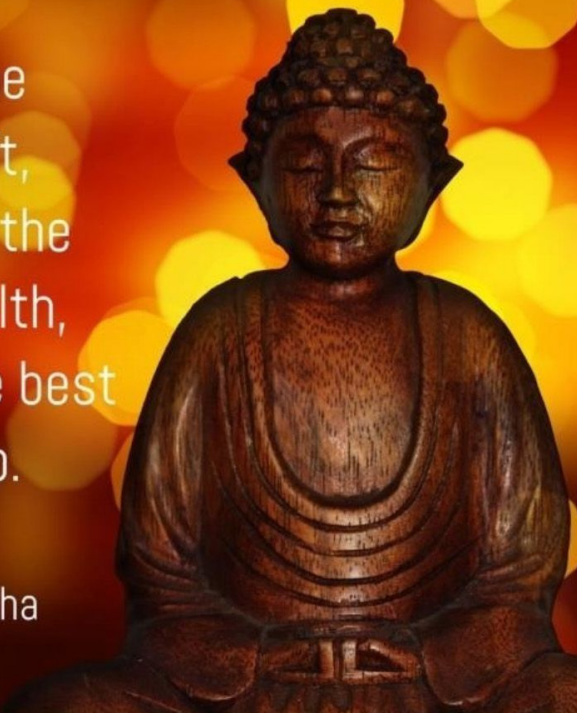
# WEEK 5

Notes & Reminders

A large, empty white rectangular box with rounded corners and a thin purple border, intended for notes and reminders.

Health is the  
greatest gift,  
contentment the  
greatest wealth,  
faithfulness the best  
relationship.

- Gautama Buddha



WEEK

5

MONDAY

MY MOOD & GOALS

Blank space for mood and goals.

MY SYMPTOMS

Blank space for symptoms.

WHAT I ADDED

Blank space for what was added.

WHAT I REMOVED

Blank space for what was removed.

TESTS/PROCEDURES DONE, RESULTS

Blank space for tests and procedures.

I'M GRATEFUL FOR

Blank space for gratitude.



# WEEK 6

Notes & Reminders

**THE CHALLENGE IS  
NOT TO BE  
PERFECT...IT'S TO  
BE WHOLE**

Jane Fonda





WEEK

6

MONDAY

**MY MOOD & GOALS**

**MY SYMPTOMS**

**WHAT I ADDED**

**WHAT I REMOVED**

**TESTS/PROCEDURES DONE, RESULTS**

**I'M GRATEFUL FOR**



# WEEK 7

Notes & Reminders



**All of our dreams  
can come true if we  
have courage to  
pursue them**

Walt Disney



WEEK

7

MONDAY

**MY MOOD & GOALS**

**MY SYMPTOMS**

**WHAT I ADDED**

**WHAT I REMOVED**


**TESTS/PROCEDURES DONE, RESULTS**

**I'M GRATEFUL FOR**



# WEEK 8

Notes & Reminders



**If you don't like the  
road you're  
walking, start  
paving another one**

Dolly Parton



WEEK

8

MONDAY

**MY MOOD & GOALS**

**MY SYMPTOMS**

**WHAT I ADDED**

**WHAT I REMOVED**

**TESTS/PROCEDURES DONE, RESULTS**

**I'M GRATEFUL FOR**





# WEEK 9

Notes & Reminders



**Nothing will  
work unless  
you do**

Maya Angelou



WEEK

9

MONDAY

**MY MOOD & GOALS**

**MY SYMPTOMS**

**WHAT I ADDED**

**WHAT I REMOVED**

**TESTS/PROCEDURES DONE, RESULTS**

**I'M GRATEFUL FOR**



# WEEK 10

Notes & Reminders



**We are not  
interested in the  
possibilities of defeat;  
they do not exist**

Queen Victoria



WEEK

10

MONDAY

**MY MOOD & GOALS**

**MY SYMPTOMS**

**WHAT I ADDED**

**WHAT I REMOVED**

**TESTS/PROCEDURES DONE, RESULTS**

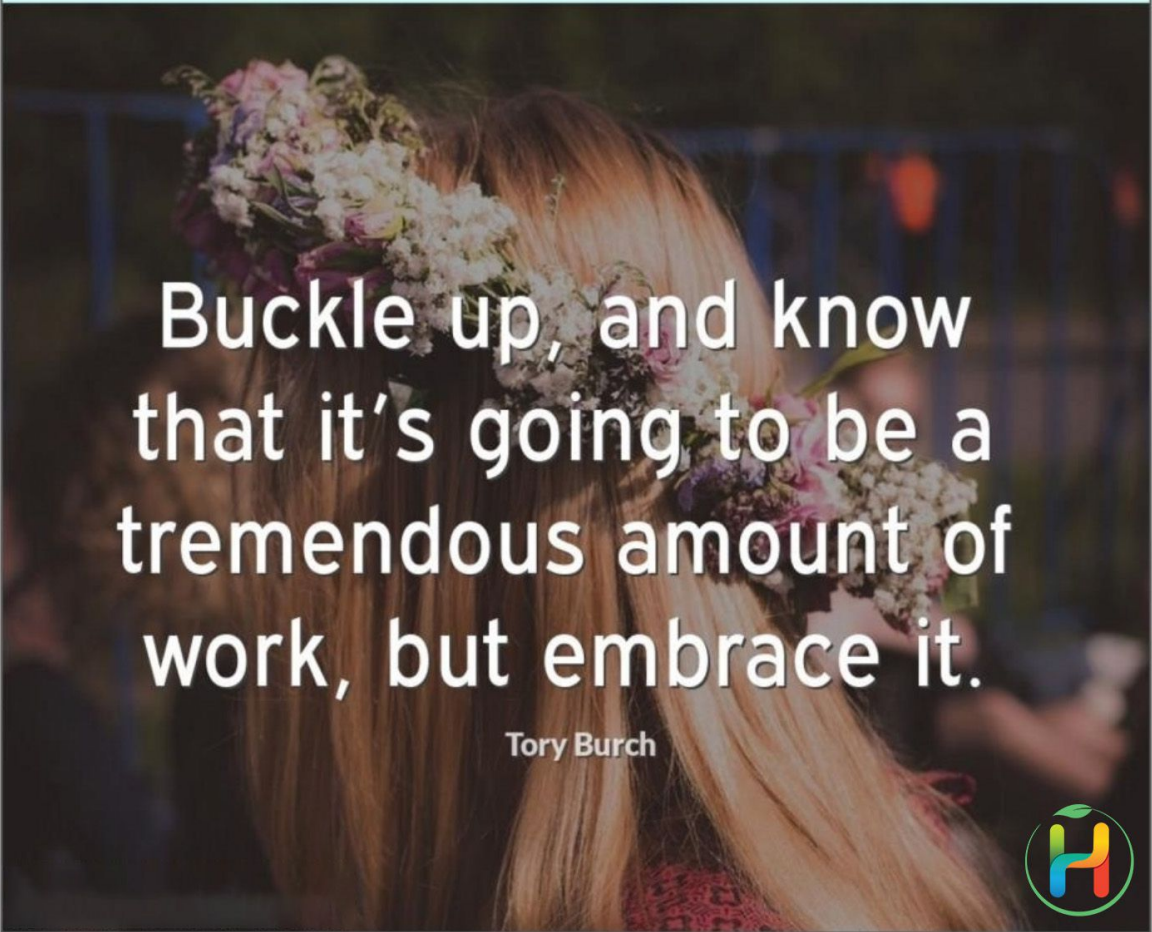
**I'M GRATEFUL FOR**





# WEEK 11

Notes & Reminders



Buckle up, and know  
that it's going to be a  
tremendous amount of  
work, but embrace it.

Tory Burch





WEEK

11

MONDAY

**MY MOOD & GOALS**

**MY SYMPTOMS**

**WHAT I ADDED**

**WHAT I REMOVED**

**TESTS/PROCEDURES DONE, RESULTS**

**I'M GRATEFUL FOR**



# WEEK 12

Notes & Reminders

What's  
stopping you?!



WEEK

12

MONDAY

**MY MOOD & GOALS**

**MY SYMPTOMS**

**WHAT I ADDED**

**WHAT I REMOVED**

**TESTS/PROCEDURES DONE, RESULTS**

**I'M GRATEFUL FOR**



# WEEK 13

Notes & Reminders

**Step out of the history  
that is holding you back.  
Step into the new story  
you are willing to create**

Oprah Winfrey



WEEK

13

MONDAY

**MY MOOD & GOALS**

**MY SYMPTOMS**

**WHAT I ADDED**

**WHAT I REMOVED**

**TESTS/PROCEDURES DONE, RESULTS**

**I'M GRATEFUL FOR**





# WEEK 14

Notes & Reminders

**DON'T STOP WHEN YOU'RE TIRED  
STOP WHEN YOUR DONE**



WEEK

14

MONDAY

MY MOOD & GOALS

Blank white space for mood and goals.

MY SYMPTOMS

Blank white space for symptoms.

WHAT I ADDED

Blank white space for what was added.

WHAT I REMOVED

Blank white space for what was removed.

TESTS/PROCEDURES DONE, RESULTS

Blank white space for tests and results.

I'M GRATEFUL FOR

Blank white space for gratitude.



# WEEK 15

Notes & Reminders



*Wellness  
is the  
natural state  
OF  
my body*

- LOUISE HAY



WEEK

15

MONDAY

MY MOOD & GOALS

Blank space for mood and goals.

MY SYMPTOMS

Blank space for symptoms.

WHAT I ADDED

Blank space for what was added.

WHAT I REMOVED

Blank space for what was removed.

TESTS/PROCEDURES DONE, RESULTS

Blank space for tests and procedures.

I'M GRATEFUL FOR

Blank space for gratitude.





# WEEK 16

Notes & Reminders



**NEW BEGINNINGS  
ARE OFTEN  
DISGUISED AS  
PAINFUL ENDINGS.**

Lao Tzo





WEEK

16

MONDAY

MY MOOD & GOALS

Blank space for mood and goals.

MY SYMPTOMS

Blank space for symptoms.

WHAT I ADDED

Blank space for what was added.

WHAT I REMOVED

Blank space for what was removed.

TESTS/PROCEDURES DONE, RESULTS

Blank space for tests and procedures.

I'M GRATEFUL FOR

Blank space for gratitude.



# WEEK 17

Notes & Reminders



**OPTIMISM IS THE  
FAITH THAT  
LEADS TO  
ACHIEVEMENT.**

Helen Keller



WEEK

17

MONDAY

MY MOOD & GOALS

Blank space for mood and goals.

MY SYMPTOMS

Blank space for symptoms.

WHAT I ADDED

Blank space for what was added.

WHAT I REMOVED

Blank space for what was removed.

TESTS/PROCEDURES DONE, RESULTS

Blank space for tests and procedures.

I'M GRATEFUL FOR

Blank space for gratitude.



# WEEK 18

Notes & Reminders

THE PAIN OF THE PROCESS  
IS ONLY TEMPORARY  
BUT THE FEELING OF  
ACHIEVEMENT  
LASTS FOREVER.



WEEK

18

MONDAY

MY MOOD & GOALS

Blank space for mood and goals.

MY SYMPTOMS

Blank space for symptoms.

WHAT I ADDED

Blank space for what was added.

WHAT I REMOVED

Blank space for what was removed.

TESTS/PROCEDURES DONE, RESULTS

Blank space for tests and procedures.

I'M GRATEFUL FOR

Blank space for gratitude.





# WEEK 19

Notes & Reminders



**The more anger  
towards the past you  
carry in your heart, the  
less capable you are of  
loving in the present.**

Barbara De Angelis.



WEEK

19

MONDAY

MY MOOD & GOALS

Blank white space for mood and goals.

MY SYMPTOMS

Blank white space for symptoms.

WHAT I ADDED

Blank white space for what was added.

WHAT I REMOVED

Blank white space for what was removed.

TESTS/PROCEDURES DONE, RESULTS

Blank white space for tests and procedures.

I'M GRATEFUL FOR

Blank white space for gratitude notes.



# WEEK 20

Notes & Reminders

Once you make a  
decision, the universe  
conspires to make it  
happen.

Ralph Waldo Emerson



WEEK

20

MONDAY

MY MOOD & GOALS

Blank space for mood and goals.

MY SYMPTOMS

Blank space for symptoms.

WHAT I ADDED

Blank space for what was added.

WHAT I REMOVED

Blank space for what was removed.

TESTS/PROCEDURES DONE, RESULTS

Blank space for tests and procedures.

I'M GRATEFUL FOR

Blank space for gratitude.



# WEEK 21

Notes & Reminders

A large, empty white rectangular box with rounded corners and a thin purple border, intended for notes and reminders.

**It is better to do  
something  
imperfectly than to  
do nothing perfectly.**

Tuchy Palmieri





WEEK

21

MONDAY

MY MOOD & GOALS

Blank space for mood and goals.

MY SYMPTOMS

Blank space for symptoms.

WHAT I ADDED

Blank space for what was added.

WHAT I REMOVED

Blank space for what was removed.

TESTS/PROCEDURES DONE, RESULTS

Blank space for tests and procedures.

I'M GRATEFUL FOR

Blank space for gratitude.



# WEEK 22

Notes & Reminders

**I'd rather regret the  
things I've done than  
regret the things I  
haven't done**

Lucille Ball



WEEK

22

MONDAY

MY MOOD & GOALS

Blank space for mood and goals.

MY SYMPTOMS

Blank space for symptoms.

WHAT I ADDED

Blank space for what was added.

WHAT I REMOVED

Blank space for what was removed.

TESTS/PROCEDURES DONE, RESULTS

Blank space for tests and procedures.

I'M GRATEFUL FOR

Blank space for gratitude.



# WEEK 23

Notes & Reminders

**I didn't get there by  
wishing for it or  
hoping for it, but  
by working for it.**

Estée Lauder



WEEK

23

MONDAY

**MY MOOD & GOALS**

**MY SYMPTOMS**

**WHAT I ADDED**

**WHAT I REMOVED**

**TESTS/PROCEDURES DONE, RESULTS**


**I'M GRATEFUL FOR**





# WEEK 24

Notes & Reminders



**Focus on the  
solution, not the  
problem.**

Leslie Peters RN



WEEK

24

MONDAY

**MY MOOD & GOALS**

**MY SYMPTOMS**

**WHAT I ADDED**

**WHAT I REMOVED**

**TESTS/PROCEDURES DONE, RESULTS**

**I'M GRATEFUL FOR**



# WEEK 25

Notes & Reminders

**Just don't give up trying to do what you really want to do. Where there is love and inspiration, I don't think you can go wrong.**

Ella Fitzgerald



WEEK

25

MONDAY

**MY MOOD & GOALS**

**MY SYMPTOMS**

**WHAT I ADDED**

**WHAT I REMOVED**

**TESTS/PROCEDURES DONE, RESULTS**

**I'M GRATEFUL FOR**





# WEEK 26

Notes & Reminders

**YOU, YOURSELF, AS MUCH  
AS ANYBODY IN THE  
UNIVERSE, DESERVES  
YOUR LOVE AND  
AFFECTION.**

Buddha





WEEK

26

MONDAY

**MY MOOD & GOALS**

**MY SYMPTOMS**

**WHAT I ADDED**

**WHAT I REMOVED**

**TESTS/PROCEDURES DONE, RESULTS**

**I'M GRATEFUL FOR**



# WEEK 27

Notes & Reminders



**Do you want to  
meet the love of  
your life? Look  
in the mirror.**

Byron Katie



WEEK

27

MONDAY

**MY MOOD & GOALS**

**MY SYMPTOMS**

**WHAT I ADDED**

**WHAT I REMOVED**

**TESTS/PROCEDURES DONE, RESULTS**

**I'M GRATEFUL FOR**



# WEEK 28

Notes & Reminders

**You are the one that  
possesses the keys to  
your being. You carry the  
passport to your own  
happiness.**

Diane von Furstenberg



WEEK

28

MONDAY

**MY MOOD & GOALS**

**MY SYMPTOMS**

**WHAT I ADDED**

**WHAT I REMOVED**

**TESTS/PROCEDURES DONE, RESULTS**

**I'M GRATEFUL FOR**





# WEEK 29

Notes & Reminders

**The most difficult thing  
is the decision to act, the  
rest is merely tenacity.**

Amelia Earhart



WEEK

29

MONDAY

**MY MOOD & GOALS**

**MY SYMPTOMS**

**WHAT I ADDED**

**WHAT I REMOVED**

**TESTS/PROCEDURES DONE, RESULTS**

**I'M GRATEFUL FOR**



# WEEK 30

Notes & Reminders

**GO CONFIDENTLY IN THE  
DIRECTION OF YOUR  
DREAMS. LIVE THE LIFE  
THAT YOU HAVE IMAGINED**

Henry David Thoreau



WEEK

30

MONDAY

**MY MOOD & GOALS**

**MY SYMPTOMS**

**WHAT I ADDED**

**WHAT I REMOVED**

**TESTS/PROCEDURES DONE, RESULTS**

**I'M GRATEFUL FOR**



# WEEK 31

Notes & Reminders

**Believe you can  
and you're halfway  
there.**

Theodore Roosevelt





WEEK

31

MONDAY

**MY MOOD & GOALS**

**MY SYMPTOMS**

**WHAT I ADDED**

**WHAT I REMOVED**

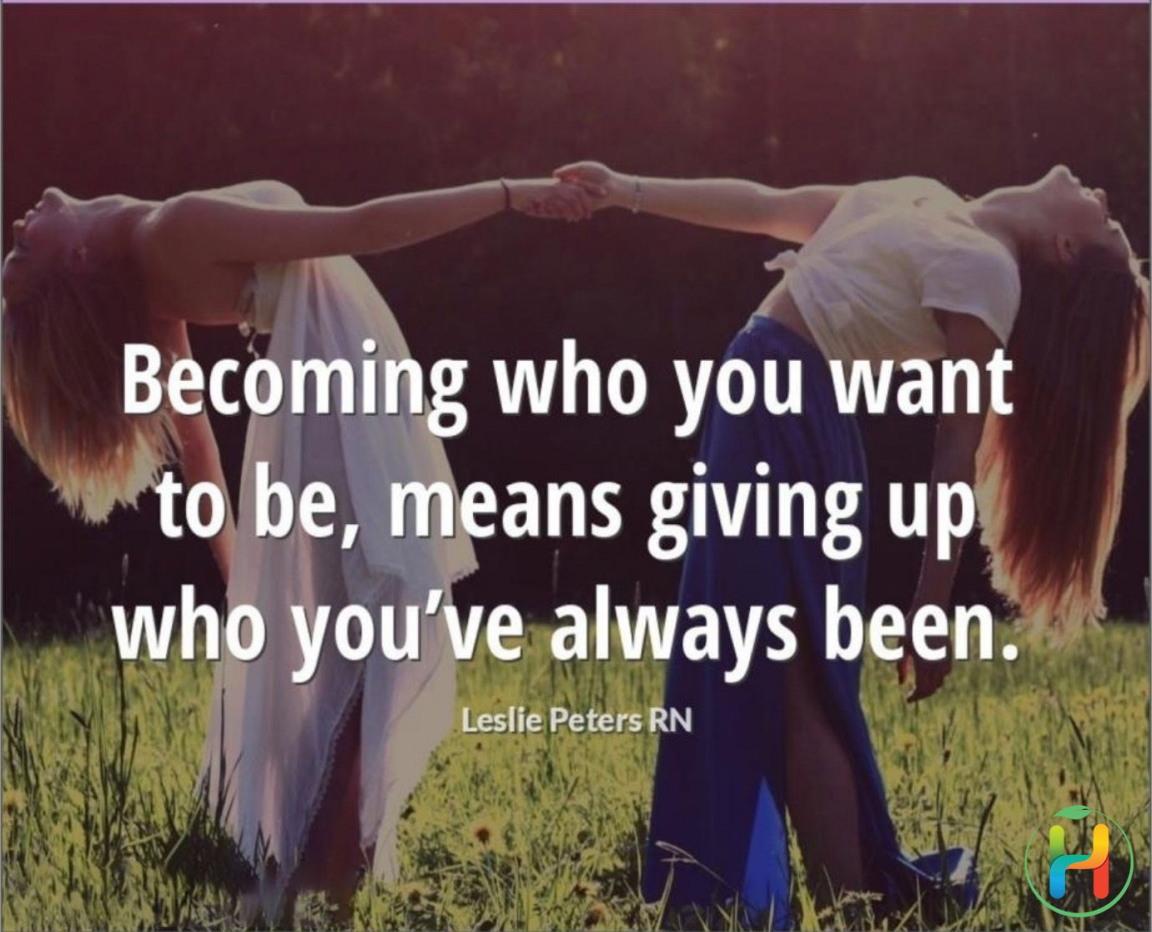
**TESTS/PROCEDURES DONE, RESULTS**

**I'M GRATEFUL FOR**



# WEEK 32

Notes & Reminders

A photograph of two women standing in a grassy field at sunset or sunrise. They are holding hands and leaning their heads and upper bodies far back, looking towards the sky. The woman on the left is wearing a white dress, and the woman on the right is wearing a white top and blue pants. The background is a warm, golden glow from the low sun, with some lens flare effects.

**Becoming who you want  
to be, means giving up  
who you've always been.**

Leslie Peters RN



WEEK

32

MONDAY

MY MOOD & GOALS

Blank white space for mood and goals.

MY SYMPTOMS

Blank white space for symptoms.

WHAT I ADDED

Blank white space for what was added.

WHAT I REMOVED

Blank white space for what was removed.

TESTS/PROCEDURES DONE, RESULTS

Blank white space for tests and procedures.

I'M GRATEFUL FOR

Blank white space for gratitude notes.



# WEEK 33

Notes & Reminders

**Nothing will change  
in your life if you  
don't do something  
different than you  
have been doing**



WEEK

33

MONDAY

MY MOOD & GOALS

Blank space for mood and goals.

MY SYMPTOMS

Blank space for symptoms.

WHAT I ADDED

Blank space for what was added.

WHAT I REMOVED

Blank space for what was removed.

TESTS/PROCEDURES DONE, RESULTS

Blank space for tests and procedures.

I'M GRATEFUL FOR

Blank space for gratitude.





# WEEK 34

Notes & Reminders



**The question isn't  
who is going to let  
me; it's who's  
going to stop me.**

Ayn Rand



WEEK

34

MONDAY

MY MOOD & GOALS

Blank space for mood and goals.

MY SYMPTOMS

Blank space for symptoms.

WHAT I ADDED

Blank space for what was added.

WHAT I REMOVED

Blank space for what was removed.

TESTS/PROCEDURES DONE, RESULTS

Blank space for tests and procedures.


I'M GRATEFUL FOR

Blank space for gratitude.



# WEEK 35

Notes & Reminders



**Don't be afraid to  
speak up for yourself.  
Keep fighting for  
your dreams.**

Gabby Douglas



WEEK

35

MONDAY

MY MOOD & GOALS

Blank space for mood and goals.

MY SYMPTOMS

Blank space for symptoms.

WHAT I ADDED

Blank space for what was added.

WHAT I REMOVED

Blank space for what was removed.

TESTS/PROCEDURES DONE, RESULTS

Blank space for tests and procedures.

I'M GRATEFUL FOR

Blank space for gratitude.





# WEEK 36

Notes & Reminders



**PUSH HARDER THAN  
YESTERDAY IF YOU WANT A  
DIFFERENT TOMORROW**





WEEK

36

MONDAY

MY MOOD & GOALS

Blank space for mood and goals.

MY SYMPTOMS

Blank space for symptoms.

WHAT I ADDED

Blank space for what was added.

WHAT I REMOVED

Blank space for what was removed.

TESTS/PROCEDURES DONE, RESULTS

Blank space for tests and procedures.

I'M GRATEFUL FOR

Blank space for gratitude.



# WEEK 37

Notes & Reminders



**SUCCESS CONSISTS OF GOING FROM  
FAILURE TO FAILURE WITHOUT LOSS  
OF ENTHUSIASM.**

Winston Churchill



WEEK

37

MONDAY

MY MOOD & GOALS

Blank space for mood and goals.

MY SYMPTOMS

Blank space for symptoms.

WHAT I ADDED

Blank space for what was added.

WHAT I REMOVED

Blank space for what was removed.

TESTS/PROCEDURES DONE, RESULTS

Blank space for tests and procedures.

I'M GRATEFUL FOR

Blank space for gratitude.



# WEEK 38

Notes & Reminders



**I WOKE UP.  
I HAVE CLOTHES TO WEAR.  
I HAVE RUNNING WATER.  
I HAVE FOOD TO EAT. LIFE IS GOOD.  
I AM THANKFUL.**



WEEK

38

MONDAY

MY MOOD & GOALS

Blank space for mood and goals.

MY SYMPTOMS

Blank space for symptoms.

WHAT I ADDED

Blank space for what was added.

WHAT I REMOVED

Blank space for what was removed.

TESTS/PROCEDURES DONE, RESULTS

Blank space for tests and results.

I'M GRATEFUL FOR

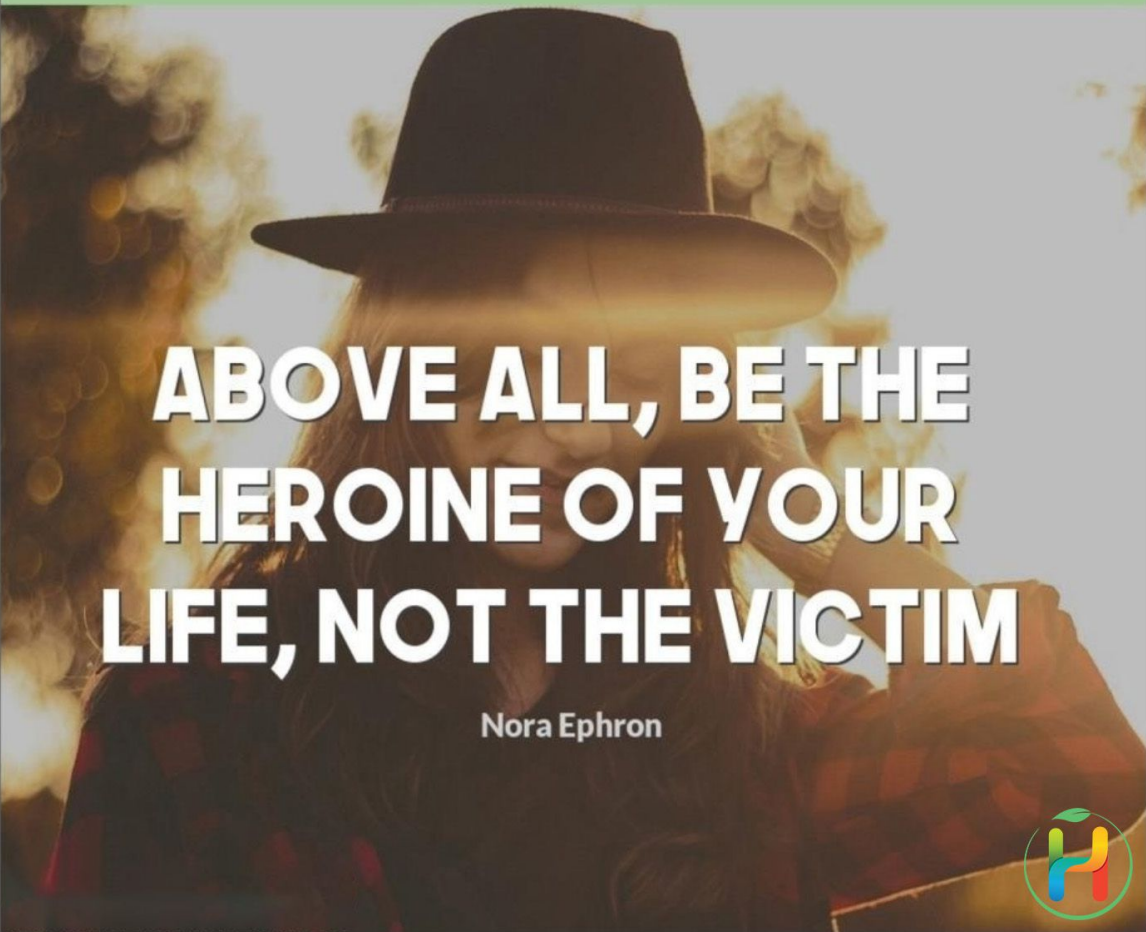
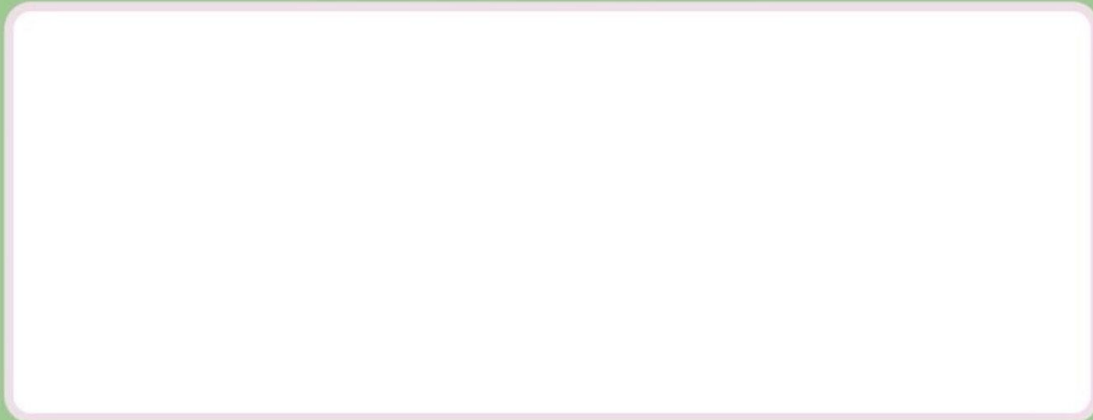
Blank space for gratitude.





# WEEK 39

Notes & Reminders



**ABOVE ALL, BE THE  
HEROINE OF YOUR  
LIFE, NOT THE VICTIM**

Nora Ephron



WEEK

39

MONDAY

MY MOOD & GOALS

Blank space for mood and goals.

MY SYMPTOMS

Blank space for symptoms.

WHAT I ADDED

Blank space for what was added.

WHAT I REMOVED

Blank space for what was removed.

TESTS/PROCEDURES DONE, RESULTS

Blank space for tests and procedures.

I'M GRATEFUL FOR

Blank space for gratitude.



# WEEK 40

Notes & Reminders

**I DO NOT FIX PROBLEMS  
I FIX MY THINKING  
THEN PROBLEMS FIX  
THEMSELVES**

Louise L. Hay



WEEK

40

MONDAY

**MY MOOD & GOALS**

**MY SYMPTOMS**

**WHAT I ADDED**

**WHAT I REMOVED**

**TESTS/PROCEDURES DONE, RESULTS**

**I'M GRATEFUL FOR**



# WEEK 41

Notes & Reminders



**CREATE THE HIGHEST,  
GRANDEST VISION POSSIBLE  
FOR YOUR LIFE,  
BECAUSE YOU BECOME  
WHAT YOU BELIEVE.**

Oprah Winfrey





WEEK

41

MONDAY

**MY MOOD & GOALS**

**MY SYMPTOMS**

**WHAT I ADDED**

**WHAT I REMOVED**

**TESTS/PROCEDURES DONE, RESULTS**

**I'M GRATEFUL FOR**



# WEEK 42

Notes & Reminders



**LOSING WEIGHT IS  
A MIND GAME  
CHANGE YOUR MIND  
CHANGE YOUR BODY**



WEEK

42

MONDAY

**MY MOOD & GOALS**

**MY SYMPTOMS**

**WHAT I ADDED**

**WHAT I REMOVED**

**TESTS/PROCEDURES DONE, RESULTS**

**I'M GRATEFUL FOR**



# WEEK 43

Notes & Reminders

**I choose to make  
the rest of my life  
the best of my life**

Louise Hay



WEEK

43

MONDAY

**MY MOOD & GOALS**

**MY SYMPTOMS**

**WHAT I ADDED**

**WHAT I REMOVED**

**TESTS/PROCEDURES DONE, RESULTS**

**I'M GRATEFUL FOR**





# WEEK 44

Notes & Reminders



**WE RECEIVE EXACTLY WHAT WE  
EXPECT TO RECEIVE**

John Holland



WEEK

44

MONDAY

**MY MOOD & GOALS**

**MY SYMPTOMS**

**WHAT I ADDED**

**WHAT I REMOVED**

**TESTS/PROCEDURES DONE, RESULTS**

**I'M GRATEFUL FOR**



# WEEK 45

Notes & Reminders

**WHAT YOU THINK YOU CREATE  
WHAT YOU FEEL YOU ATTRACT  
WHAT YOU IMAGINE YOU  
BECOME**



WEEK

45

MONDAY

**MY MOOD & GOALS**

**MY SYMPTOMS**

**WHAT I ADDED**

**WHAT I REMOVED**

**TESTS/PROCEDURES DONE, RESULTS**

**I'M GRATEFUL FOR**



# WEEK 46

Notes & Reminders

**CALM MIND BRINGS INNER STRENGTH  
AND SELF-CONFIDENCE  
SO THAT'S VERY IMPORTANT FOR  
GOOD HEALTH**

Dalai Lama





WEEK

46

MONDAY

**MY MOOD & GOALS**

**MY SYMPTOMS**

**WHAT I ADDED**

**WHAT I REMOVED**

**TESTS/PROCEDURES DONE, RESULTS**

**I'M GRATEFUL FOR**



# WEEK 47

Notes & Reminders

A close-up photograph of a person's hand holding a white orchid flower. The person has long, wavy brown hair and is wearing a blue long-sleeved shirt. The background is a soft, out-of-focus green and white.

**TAKE CARE HOW YOU SPEAK  
TO YOURSELF  
BECAUSE YOU ARE LISTENING**



WEEK

47

MONDAY

**MY MOOD & GOALS**

**MY SYMPTOMS**

**WHAT I ADDED**

**WHAT I REMOVED**

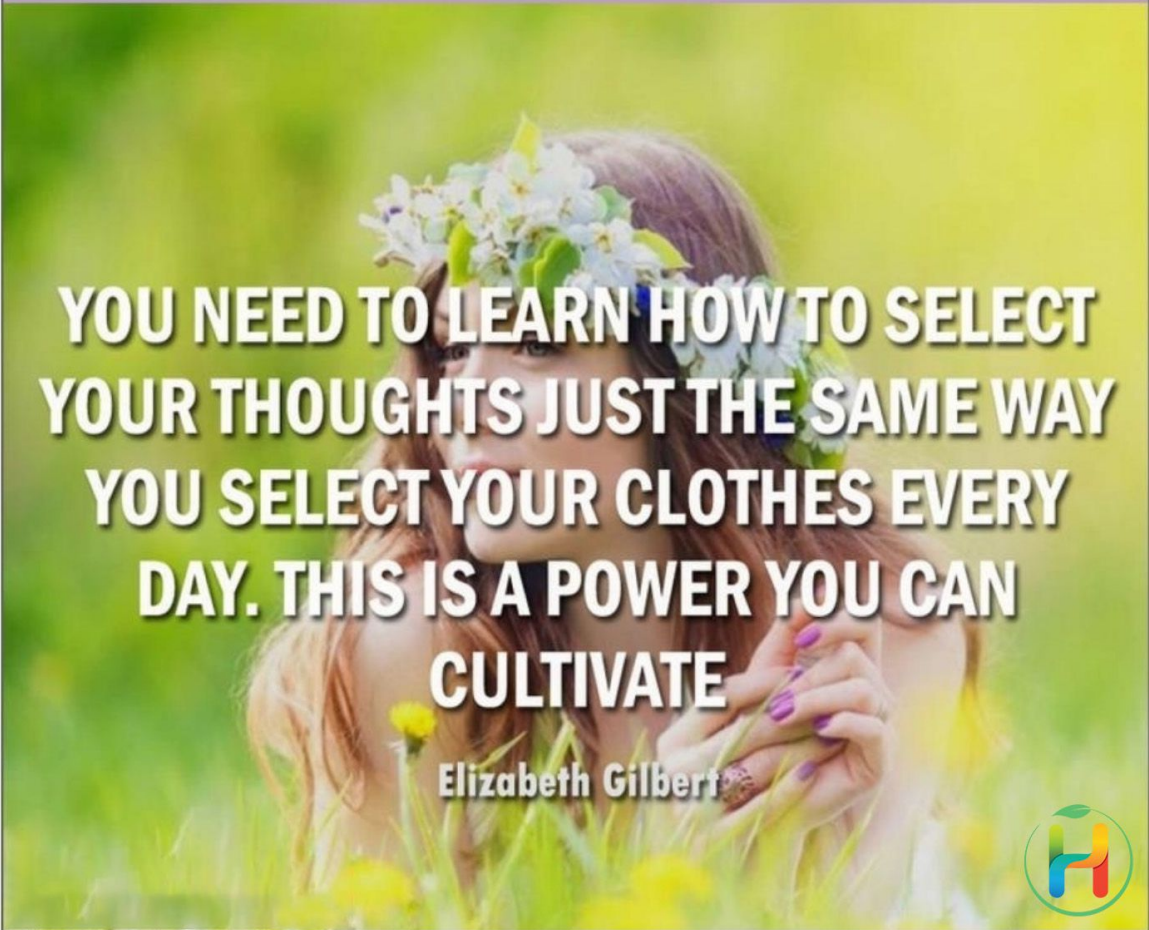
**TESTS/PROCEDURES DONE, RESULTS**

**I'M GRATEFUL FOR**



# WEEK 48

Notes & Reminders



**YOU NEED TO LEARN HOW TO SELECT  
YOUR THOUGHTS JUST THE SAME WAY  
YOU SELECT YOUR CLOTHES EVERY  
DAY. THIS IS A POWER YOU CAN  
CULTIVATE**

Elizabeth Gilbert



WEEK

48

MONDAY

MY MOOD & GOALS

Blank space for mood and goals.

MY SYMPTOMS

Blank space for symptoms.

WHAT I ADDED

Blank space for what was added.

WHAT I REMOVED

Blank space for what was removed.

TESTS/PROCEDURES DONE, RESULTS

Blank space for tests and procedures.

I'M GRATEFUL FOR

Blank space for gratitude.





# WEEK 49

Notes & Reminders

**BECOMING HEALTHY IS THE BEST  
DECISION I HAVE EVER MADE**



WEEK

49

MONDAY

MY MOOD & GOALS

Blank white space for mood and goals.

MY SYMPTOMS

Blank white space for symptoms.

WHAT I ADDED

Blank white space for what was added.

WHAT I REMOVED

Blank white space for what was removed.

TESTS/PROCEDURES DONE, RESULTS

Blank white space for tests and procedures.

I'M GRATEFUL FOR

Blank white space for gratitude.



# WEEK 50

Notes & Reminders



**THE BEST WAY TO PREDICT YOUR  
FUTURE IS TO CREATE IT.**

*Abraham Lincoln*



WEEK

50

MONDAY

MY MOOD & GOALS

Blank space for mood and goals.

MY SYMPTOMS

Blank space for symptoms.

WHAT I ADDED

Blank space for what was added.

WHAT I REMOVED

Blank space for what was removed.

TESTS/PROCEDURES DONE, RESULTS

Blank space for tests and procedures.

I'M GRATEFUL FOR

Blank space for gratitude.





# WEEK 51

Notes & Reminders

**DON'T CARRY YOUR MISTAKES  
AROUND WITH YOU. INSTEAD, PLACE  
THEM UNDER YOUR FEET AND USE  
THEM AS STEPPING STONES.**





WEEK

51

MONDAY

MY MOOD & GOALS

Blank white space for mood and goals.

MY SYMPTOMS

Blank white space for symptoms.

WHAT I ADDED

Blank white space for what was added.

WHAT I REMOVED

Blank white space for what was removed.

TESTS/PROCEDURES DONE, RESULTS

Blank white space for tests and procedures.

I'M GRATEFUL FOR

Blank white space for gratitude notes.



# WEEK 52

Notes & Reminders

## **4 THINGS TO REMEMBER**

- 1. YOU ARE AMAZING**
- 2. YOU CAN DO ANYTHING**
- 3. POSITIVITY IS A CHOICE**
- 4. YOU ARE PREPARED  
TO SUCCEED**



WEEK

52

MONDAY

MY MOOD & GOALS

Blank space for mood and goals.

MY SYMPTOMS

Blank space for symptoms.

WHAT I ADDED

Blank space for what was added.

WHAT I REMOVED

Blank space for what was removed.

TESTS/PROCEDURES DONE, RESULTS

Blank space for tests and results.

I'M GRATEFUL FOR

Blank space for gratitude.

