

Mastering Mixed Media Exclusive

by Effy Wild

Monday	Tuesday
Wednesday	Thursday
Friday	Saturday
Sunday	

This Week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

To Do List

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Notes

Weekly Wrap Up

Date:

Keywords

How full did my cup feel?

empty full

How Was My Mood?

poor amazing

Energy

low high

What was beautiful this week?

How was my self-care this week?

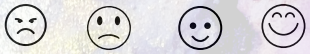
What were my favourite moments?

What do I want more of next week?

Notes

Today's Intentions

Date: _____

Mood 

Moon Phase/Sign:

How full does my cup feel?



empty full

How was my sleep?



poor amazing

Energy



low high

Today's affirmation/word of the day?

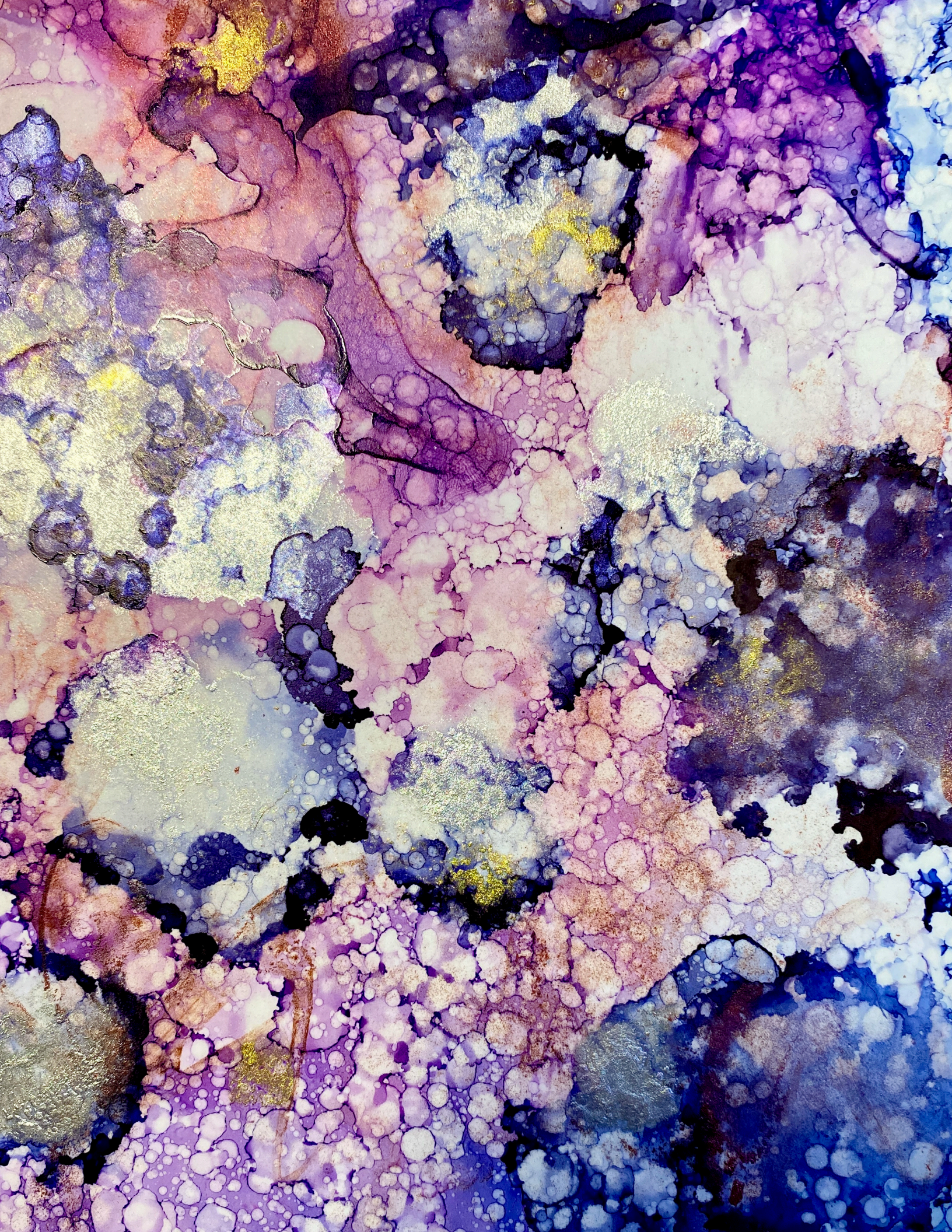
How will I give myself self-care today?

What are my intentions today?

What am I grateful for today?

Tarot/Oracle Card For The Day:








play