

# The Fibro Strong Collective

**Bullet Journal Downloads** 



## Introduction

Bullet Journaling and daily reflection is a great way to keep track of all the things going on in your life and to keep you on track with your goals and wellness.

We hope you find these downloadable templates helpful and enjoyable!

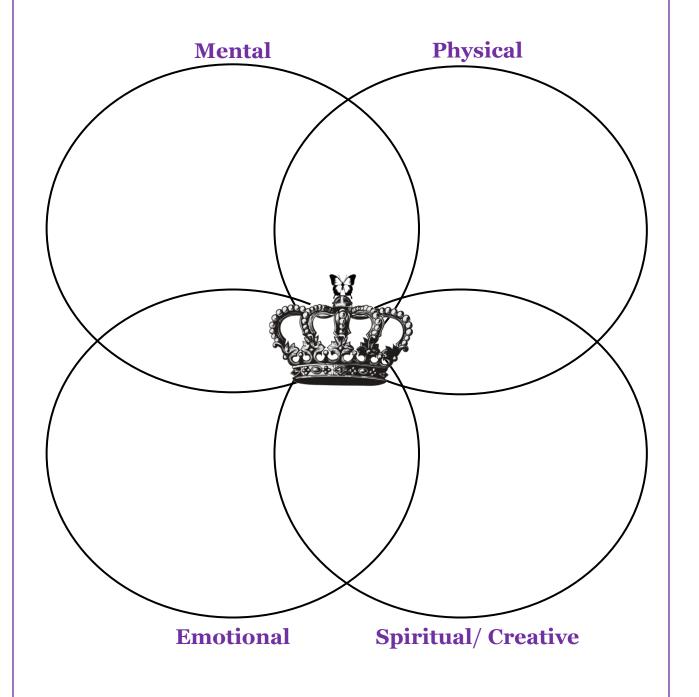
Gentle hugs,

Heather Wallace FSC Founder



### The Self-Care Sweet-Spot

Do something in each category below every day to live a well-balanced life







### **Daily Self-Care Bullet Journal Template**

Today's Affirma	ation:	<b>Daily Intentions:</b>
		<b></b>
		<b></b>
Notes:		<b></b>
		<b></b>
	Today's Goals/Appo	intments:
	<b>-</b>	
Hydrate		
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Pain Fatigue Level Level	<b></b>	
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### The Fibrow Strong Collective

#### **Self-Care Bullet Journal Template**

What do you need to feel your best?

Some people feel better when they do certain things during their day. Some people feel better when they take time to meditate, or dance, or eat well. Take a moment to think about what makes you feel good, then do them every day!

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Emotional:	Do Something that makes you Happy					S						(4—)(5				8	8(—)(S	-8			e		8-8			86			G;	8—3	-8	
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## Collective

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#### **Daily Bullet Journal Template**

What do need to do every day?

Some people have certain things they need to do every day, or have things they want to do every day, like taking a medication, or taking time to read. Take a moment to think about what things you would like to do, or what you need to do every day, then do them!

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