Today, I want to feel...

What might trip me up?

How can I help myself?

Five key tasks for today

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

The Academe

How will I self-care today?

The Power Pad

I will celebrate by...

Personal goal status

1 ○○○○○○○○○ 10

One action to boost my score

Imposter Thought

Reframe

Imposter Thought

Reframe

Imposter Thought

Reframe

Energy-boosting activity