



**THOUGHT
RECORDER**

Copyright © 2021 by Ryan Kopyar

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the author, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law.

Ordering Information: Quantity sales. Special discounts are available on quantity purchases by corporations, associations, and others. Orders by U.S. trade bookstores and wholesalers. Please contact Ryan Kopyar.

Email: Ryan@ryankopyarholistichealing.com

Website: www.ryankopyarholistichealing.com

Dedication

This book is Dedicated to: YOU

When we **Release** old programs, we are free to dream a new life.

When we **Rewire** our mind, new possibilities open up to us.

This allows us to be **Ready** to embrace and step into the life that we desire.

My Invitation to You is This:

May your thoughts embody the beautiful imagination of your dreams.

May you feel pure love, fulfillment, and joy.

May your soul feel connected to your highest purpose.

You Deserve the life you want, and YES.... it is possible!

A quick note from the author...

Did you know that over 95% of your life is being run by your subconscious mind? This means that 95% of your life is being run by a part of your mind that you aren't even consciously aware of. This document, which I shall call a “**Thought Recorder**” is designed to help you become aware of the thoughts of your subconscious mind and to prompt you to use your conscious mind creatively and to move you towards positive outcomes.

I truly believe that when we change the thoughts, or the ‘programs’ of our subconscious mind, we begin to change how we feel in our body and our emotional state. As you shift your feelings and your emotions to that of a positive vibration, your whole life will begin to change. This “**Thought Recorder**” has been structured to be completed daily. This consistency of recording, monitoring, and directing your thoughts is critical for you to make lasting change in your life.

Moreover, the “**Thought Recorder**” touches on all three aspects of what I believe embody who we are. This is to say, our Mind, Body, and Soul. It is important to make time for yourself. It is okay and even necessary to focus on the thoughts, feelings, and emotions you have. As you complete this document, take time to reflect on how your thoughts are impacting all three aspects of your being. Once you are aware of this, you can make the necessary shifts in your thought patterns which can lead to amazing changes in your life.

As with all the work I do...I hope that these words help to facilitate positive changes in your life!



Thought Recorder

This Planner Belongs To:

*My Intention For The Year
Ahead:*



Thought Recorder

Monthly Goal Setting:

Large empty blue rounded rectangle for monthly goal setting.

Weekly Goal Setting:

Week 1

Week 2

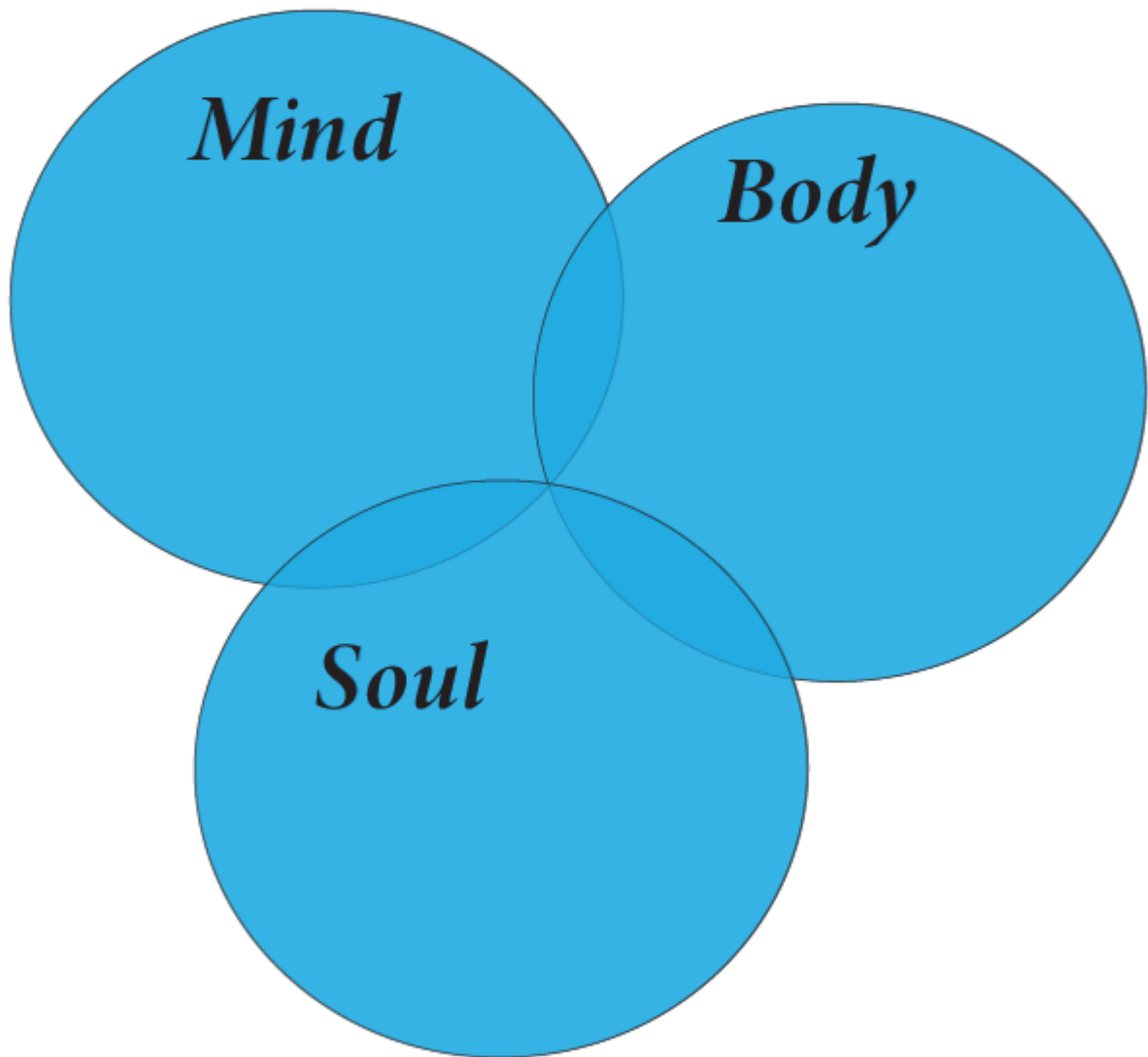
Week 3

Week 4



Thought Recorder

Gifts to Myself





Thought Recorder

I Love Myself Because _____

I Embrace Myself Because _____

I Forgive Myself Because _____

Daily
Gratitude:

Daily
Accomplishment
Goals

Weekly
Accomplishment
Goals

I Celebrate
Myself For:

I challenge
Myself To:

I Clam
Myself By:





Thought Recorder

FOOD DIARY

DATE: _____

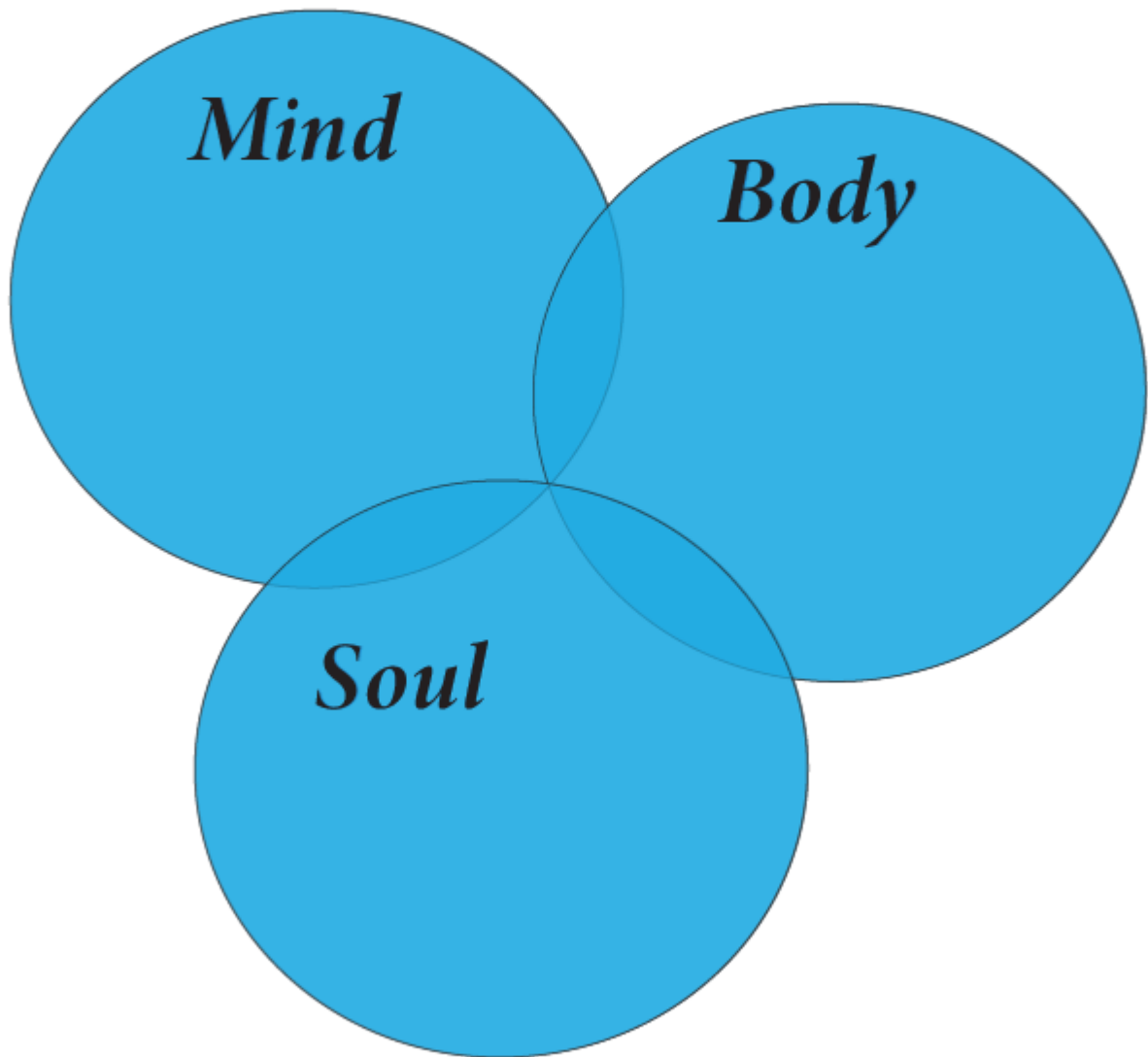
DAY: M T W T F S S

| | |
|-------------------|---------------------------------------------------------------------------------------|
| BREAKFAST: | WORKOUTS |
| | |
| CALORIES: | |
| LUNCH: | STEP COUNT: |
| | CALORIES: |
| | BRUNT: |
| CALORIES: | WATER INTAKE |
| DINNER: |  |
| | MOOD |
| CALORIES: |  |
| SNACKS: | NOTES |
| CALORIES: | |



Thought Recorder

Gifts to Myself





Thought Recorder

I Love Myself Because _____

I Embrace Myself Because _____

I Forgive Myself Because _____

Daily
Gratitude:

Daily
Accomplishment
Goals

Weekly
Accomplishment
Goals

I Celebrate
Myself For:

I challenge
Myself To:

I Clam
Myself By:





Thought Recorder

FOOD DIARY

DATE: _____

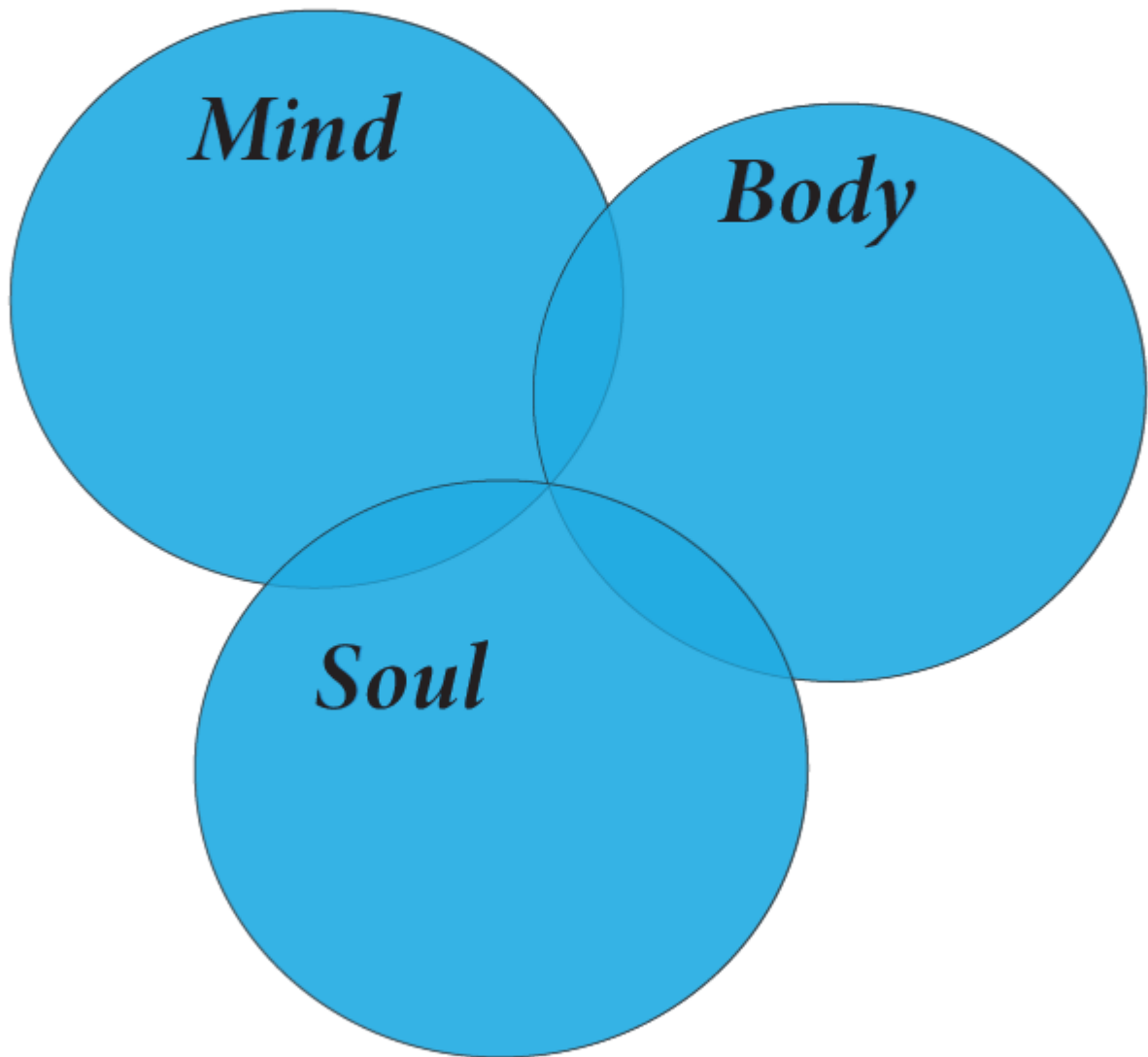
DAY: M T W T F S S

| | |
|-------------------|---------------------------------------------------------------------------------------|
| BREAKFAST: | WORKOUTS |
| | |
| CALORIES: | |
| LUNCH: | STEP COUNT: |
| | CALORIES: |
| | BRUNT: |
| CALORIES: | WATER INTAKE |
| DINNER: |  |
| | MOOD |
| CALORIES: |  |
| SNACKS: | NOTES |
| | |
| CALORIES: | |



Thought Recorder

Gifts to Myself





Thought Recorder

I Love Myself Because _____

I Embrace Myself Because _____

I Forgive Myself Because _____

Daily
Gratitude:

Daily
Accomplishment
Goals

Weekly
Accomplishment
Goals

I Celebrate
Myself For:

I challenge
Myself To:

I Clam
Myself By:





Thought Recorder

FOOD DIARY

DATE: _____

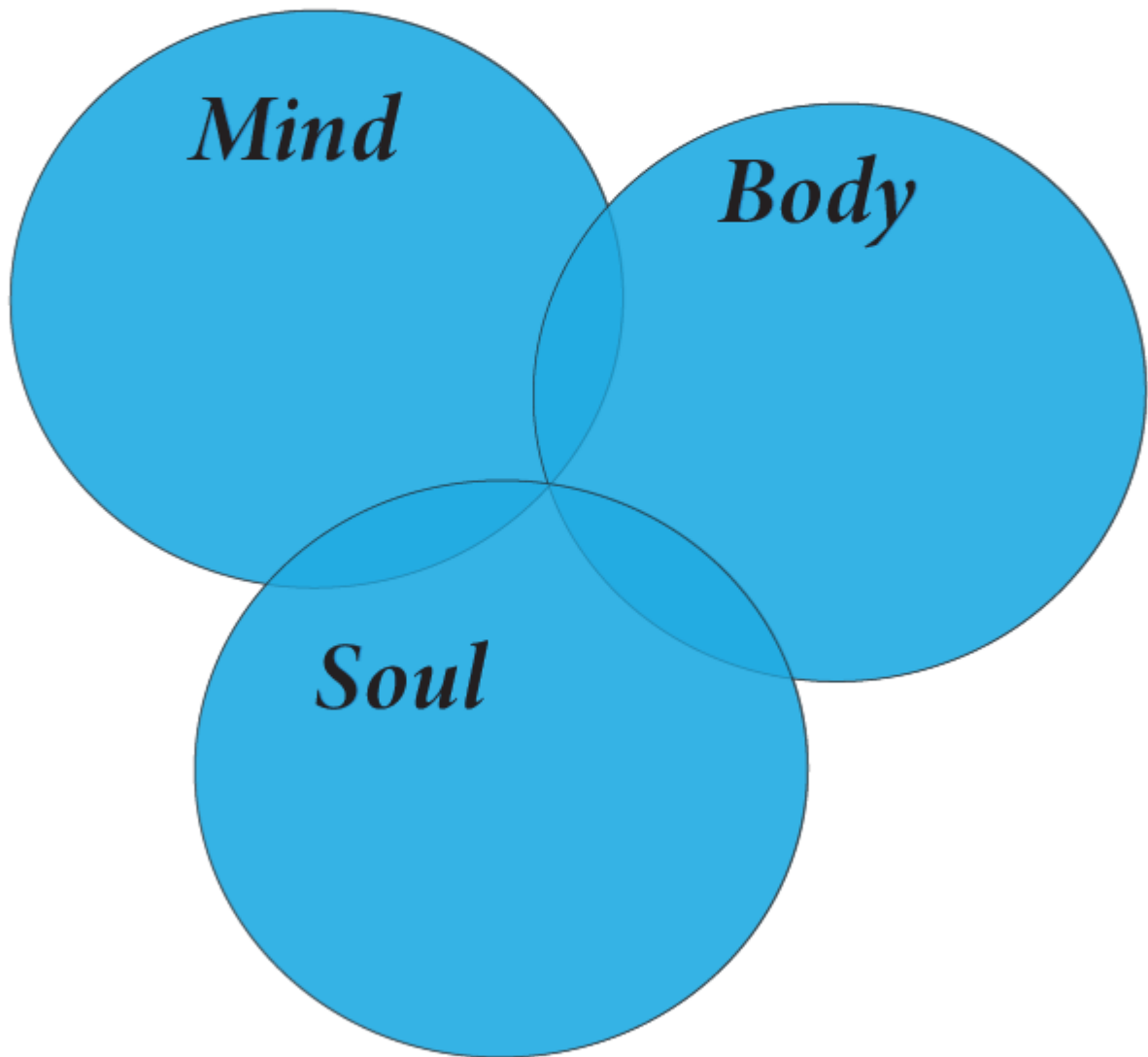
DAY: M T W T F S S

| | |
|-------------------|---------------------------------------------------------------------------------------|
| BREAKFAST: | WORKOUTS |
| | |
| CALORIES: | |
| LUNCH: | STEP COUNT: |
| | CALORIES: |
| | BRUNT: |
| CALORIES: | WATER INTAKE |
| DINNER: |  |
| | MOOD |
| CALORIES: |  |
| SNACKS: | NOTES |
| | |
| CALORIES: | |



Thought Recorder

Gifts to Myself





Thought Recorder

I Love Myself Because _____

I Embrace Myself Because _____

I Forgive Myself Because _____

Daily
Gratitude:

Daily
Accomplishment
Goals

Weekly
Accomplishment
Goals

I Celebrate
Myself For:

I challenge
Myself To:

I Clam
Myself By:





Thought Recorder

FOOD DIARY

DATE: _____

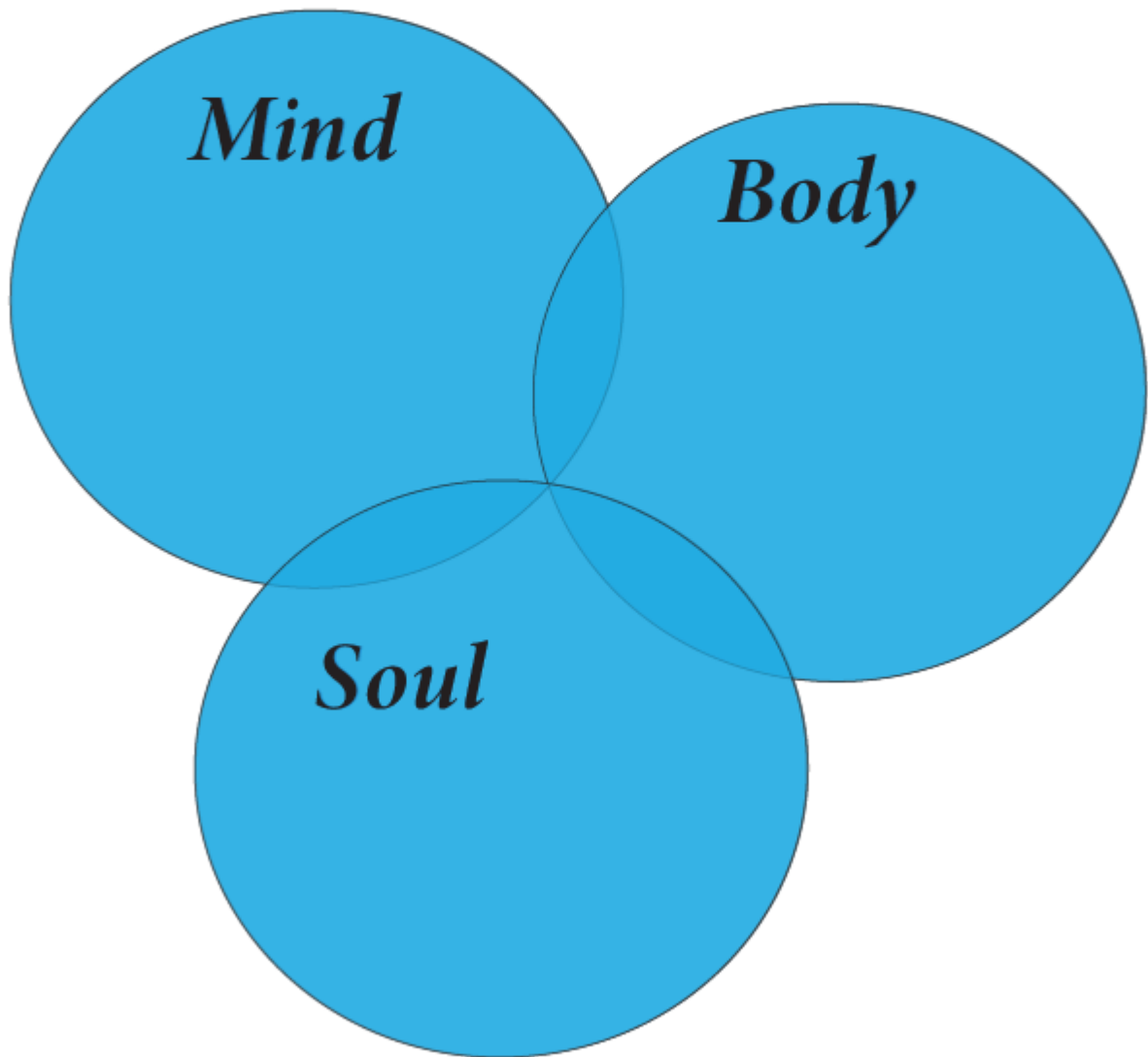
DAY: M T W T F S S

| | |
|-------------------|---------------------------------------------------------------------------------------|
| BREAKFAST: | WORKOUTS |
| | |
| CALORIES: | |
| LUNCH: | STEP COUNT: |
| | CALORIES: |
| | BRUNT: |
| CALORIES: | WATER INTAKE |
| DINNER: |  |
| | MOOD |
| CALORIES: |  |
| SNACKS: | NOTES |
| CALORIES: | |



Thought Recorder

Gifts to Myself





Thought Recorder

I Love Myself Because _____

I Embrace Myself Because _____

I Forgive Myself Because _____

Daily
Gratitude:

Daily
Accomplishment
Goals

Weekly
Accomplishment
Goals

I Celebrate
Myself For:

I challenge
Myself To:

I Clam
Myself By:





Thought Recorder

FOOD DIARY

DATE: _____

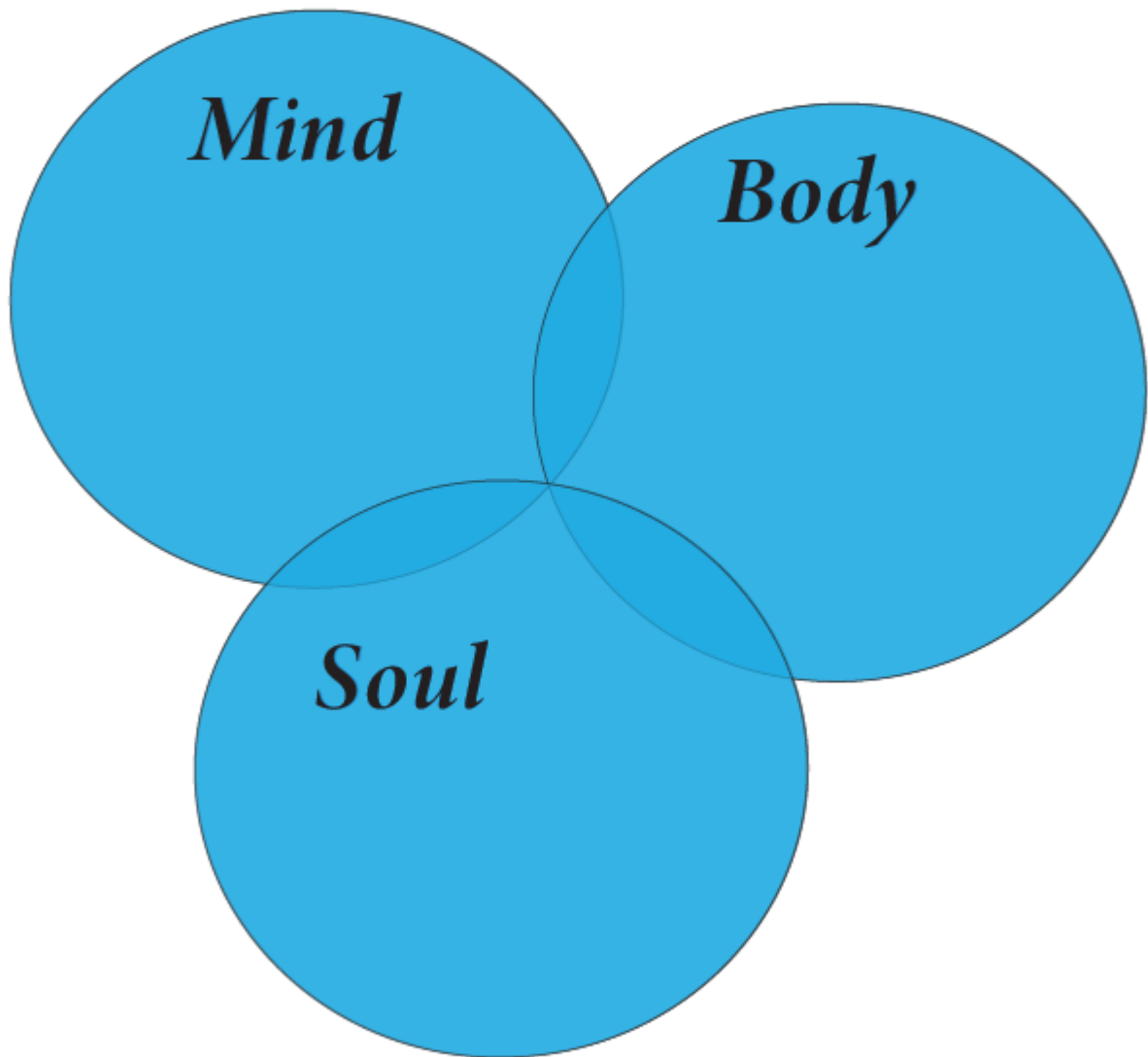
DAY: M T W T F S S

| | |
|-------------------|---------------------------------------------------------------------------------------|
| BREAKFAST: | WORKOUTS |
| | |
| CALORIES: | |
| LUNCH: | STEP COUNT: |
| | CALORIES: |
| | BRUNT: |
| CALORIES: | WATER INTAKE |
| DINNER: |  |
| | MOOD |
| CALORIES: |  |
| SNACKS: | NOTES |
| CALORIES: | |



Thought Recorder

Gifts to Myself





Thought Recorder

I Love Myself Because _____

I Embrace Myself Because _____

I Forgive Myself Because _____

Daily
Gratitude:

Daily
Accomplishment
Goals

Weekly
Accomplishment
Goals

I Celebrate
Myself For:

I challenge
Myself To:

I Clam
Myself By:





Thought Recorder

FOOD DIARY

DATE: _____

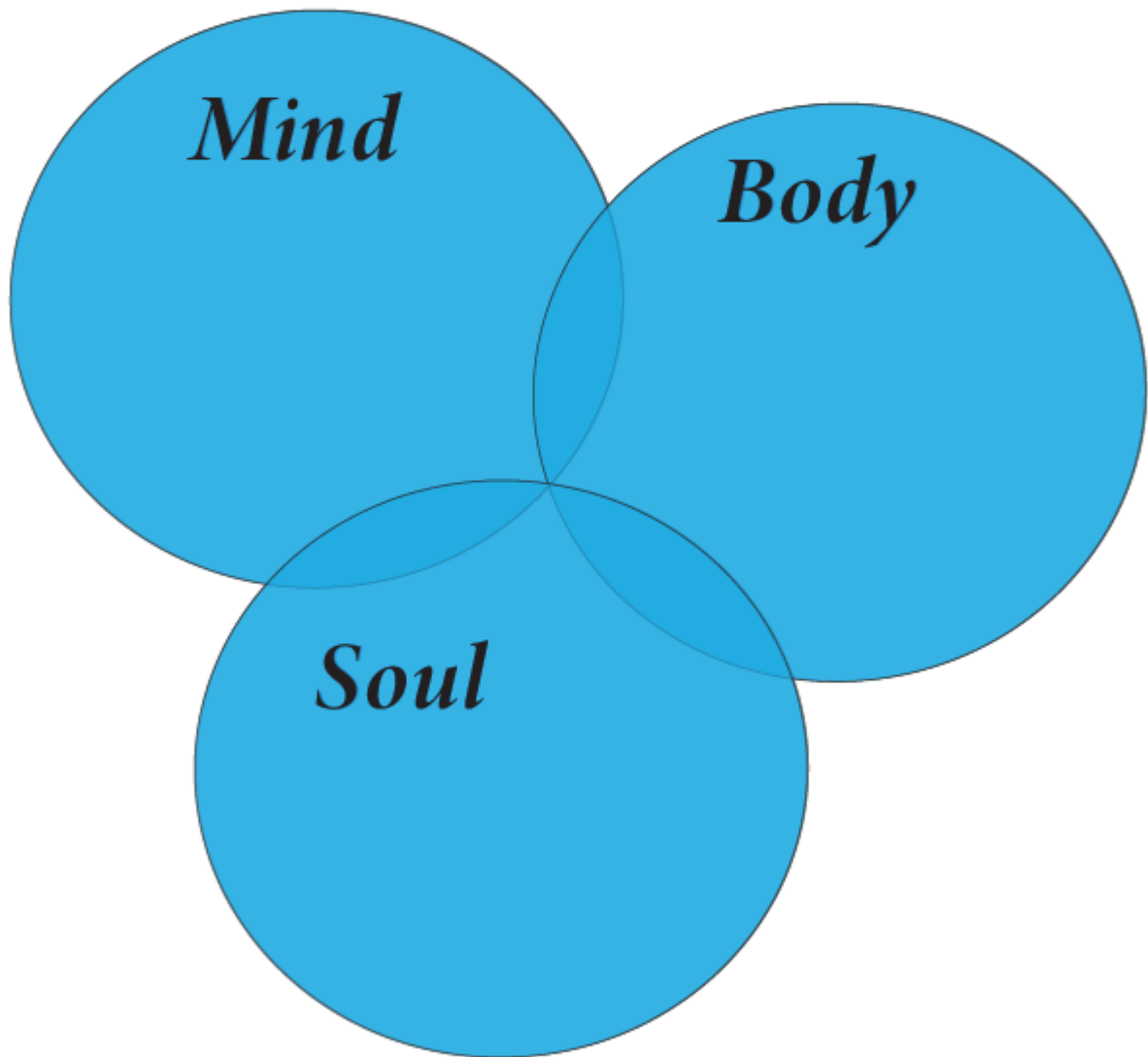
DAY: M T W T F S S

| | |
|-------------------|---------------------------------------------------------------------------------------|
| BREAKFAST: | WORKOUTS |
| | |
| CALORIES: | |
| LUNCH: | STEP COUNT: |
| | CALORIES: |
| | BRUNT: |
| CALORIES: | WATER INTAKE |
| DINNER: |  |
| | MOOD |
| CALORIES: |  |
| SNACKS: | NOTES |
| | |
| CALORIES: | |



Thought Recorder

Gifts to Myself





Thought Recorder

I Love Myself Because _____

I Embrace Myself Because _____

I Forgive Myself Because _____

Daily
Gratitude:

Daily
Accomplishment
Goals

Weekly
Accomplishment
Goals

I Celebrate
Myself For:

I challenge
Myself To:

I Clam
Myself By:





Thought Recorder

FOOD DIARY

DATE: _____

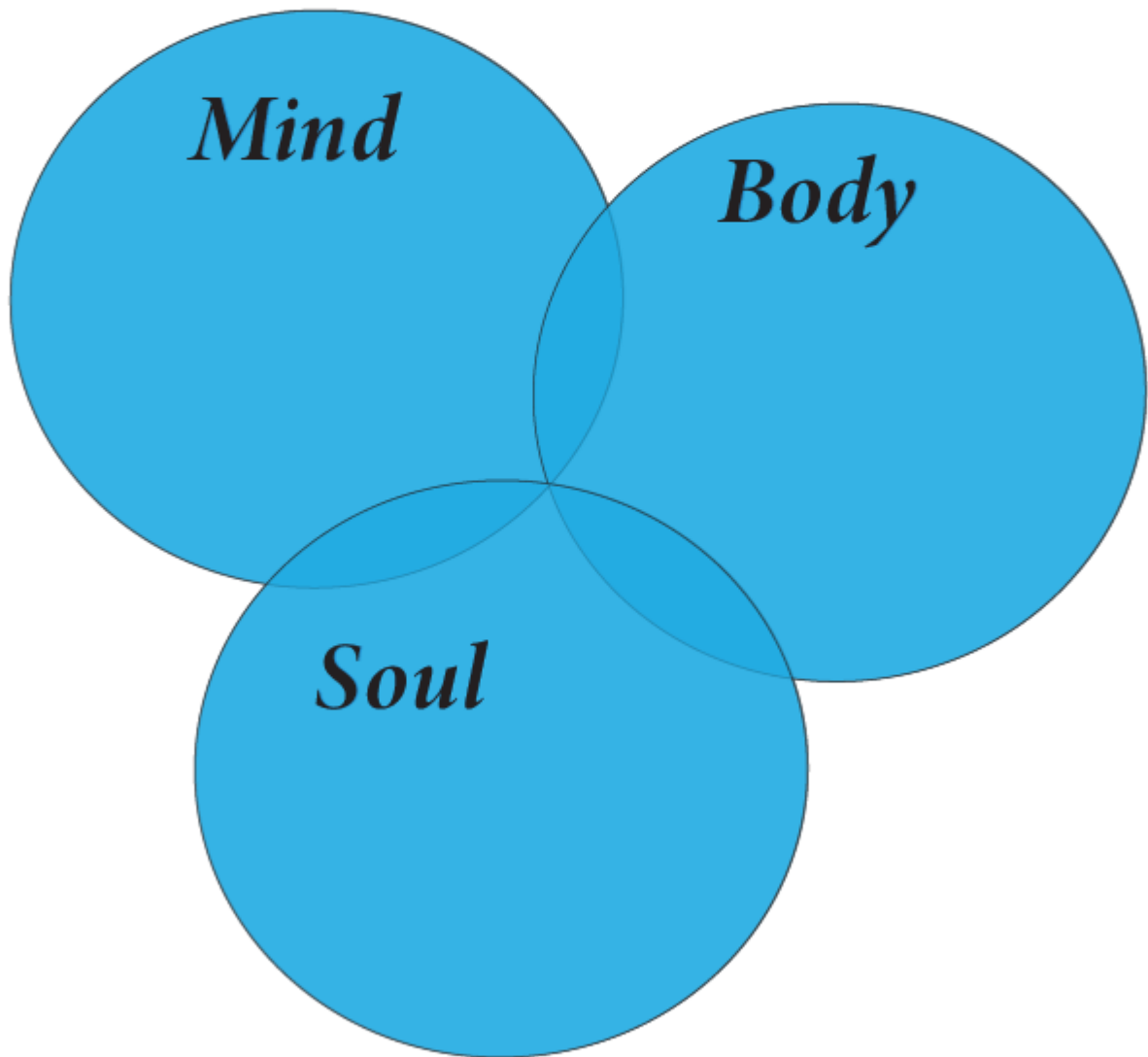
DAY: M T W T F S S

| | |
|-------------------|---------------------------------------------------------------------------------------|
| BREAKFAST: | WORKOUTS |
| | |
| CALORIES: | |
| LUNCH: | STEP COUNT: |
| | CALORIES: |
| | BRUNT: |
| | WATER INTAKE |
| CALORIES: |  |
| DINNER: | MOOD |
| |  |
| CALORIES: | |
| SNACKS: | NOTES |
| | |
| CALORIES: | |



Thought Recorder

Gifts to Myself





Thought Recorder

I Love Myself Because _____

I Embrace Myself Because _____

I Forgive Myself Because _____

Daily
Gratitude:

Daily
Accomplishment
Goals

Weekly
Accomplishment
Goals

I Celebrate
Myself For:

I challenge
Myself To:

I Clam
Myself By:





Thought Recorder

FOOD DIARY

DATE: _____

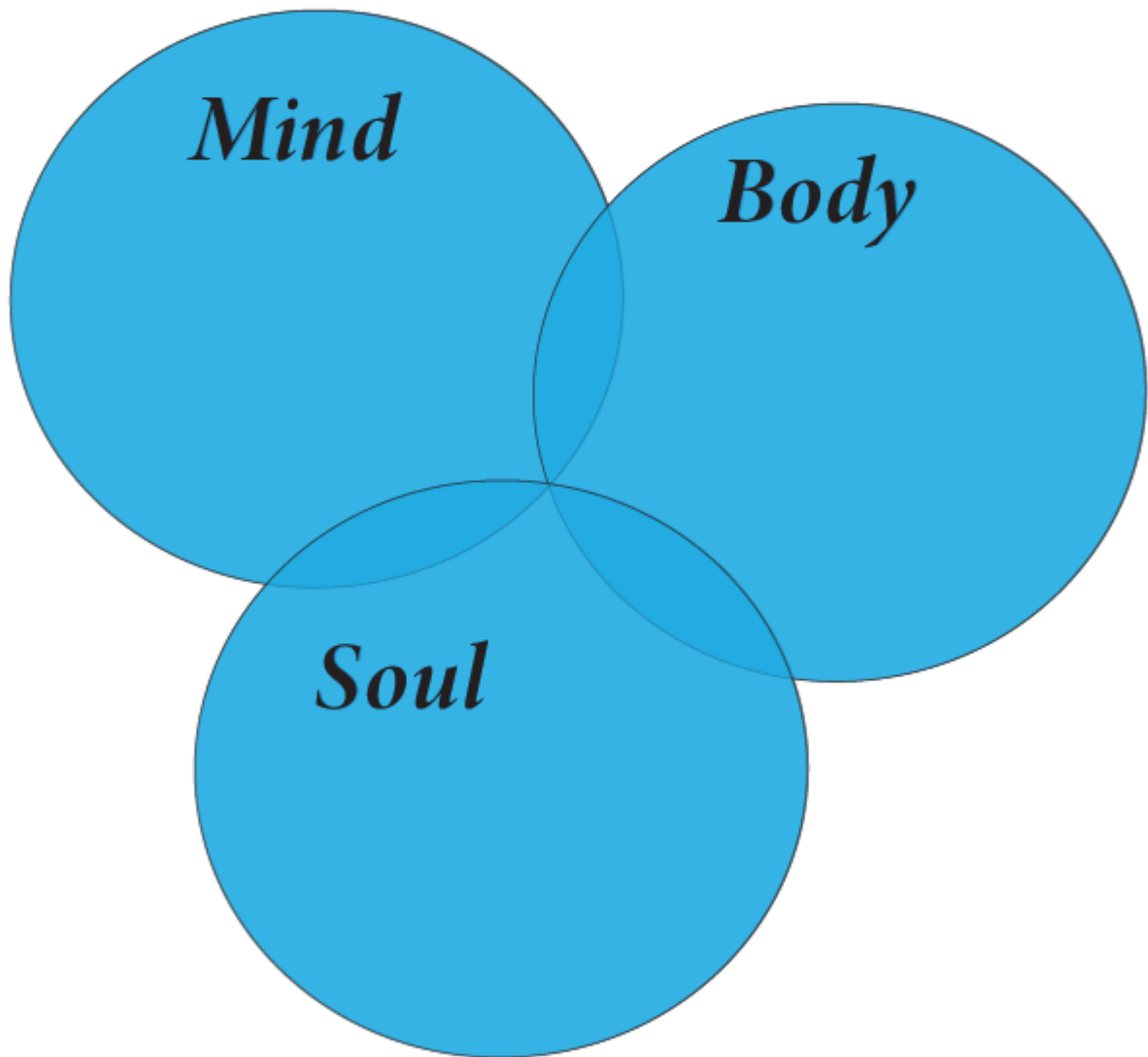
DAY: M T W T F S S

| | |
|-------------------|---------------------------------------------------------------------------------------|
| BREAKFAST: | WORKOUTS |
| | |
| CALORIES: | |
| LUNCH: | STEP COUNT: |
| | CALORIES: |
| | BRUNT: |
| CALORIES: | WATER INTAKE |
| DINNER: |  |
| | MOOD |
| CALORIES: |  |
| SNACKS: | NOTES |
| CALORIES: | |



Thought Recorder

Gifts to Myself





Thought Recorder

I Love Myself Because _____

I Embrace Myself Because _____

I Forgive Myself Because _____

Daily
Gratitude:

Daily
Accomplishment
Goals

Weekly
Accomplishment
Goals

I Celebrate
Myself For:

I challenge
Myself To:

I Clam
Myself By:





Thought Recorder

FOOD DIARY

DATE: _____

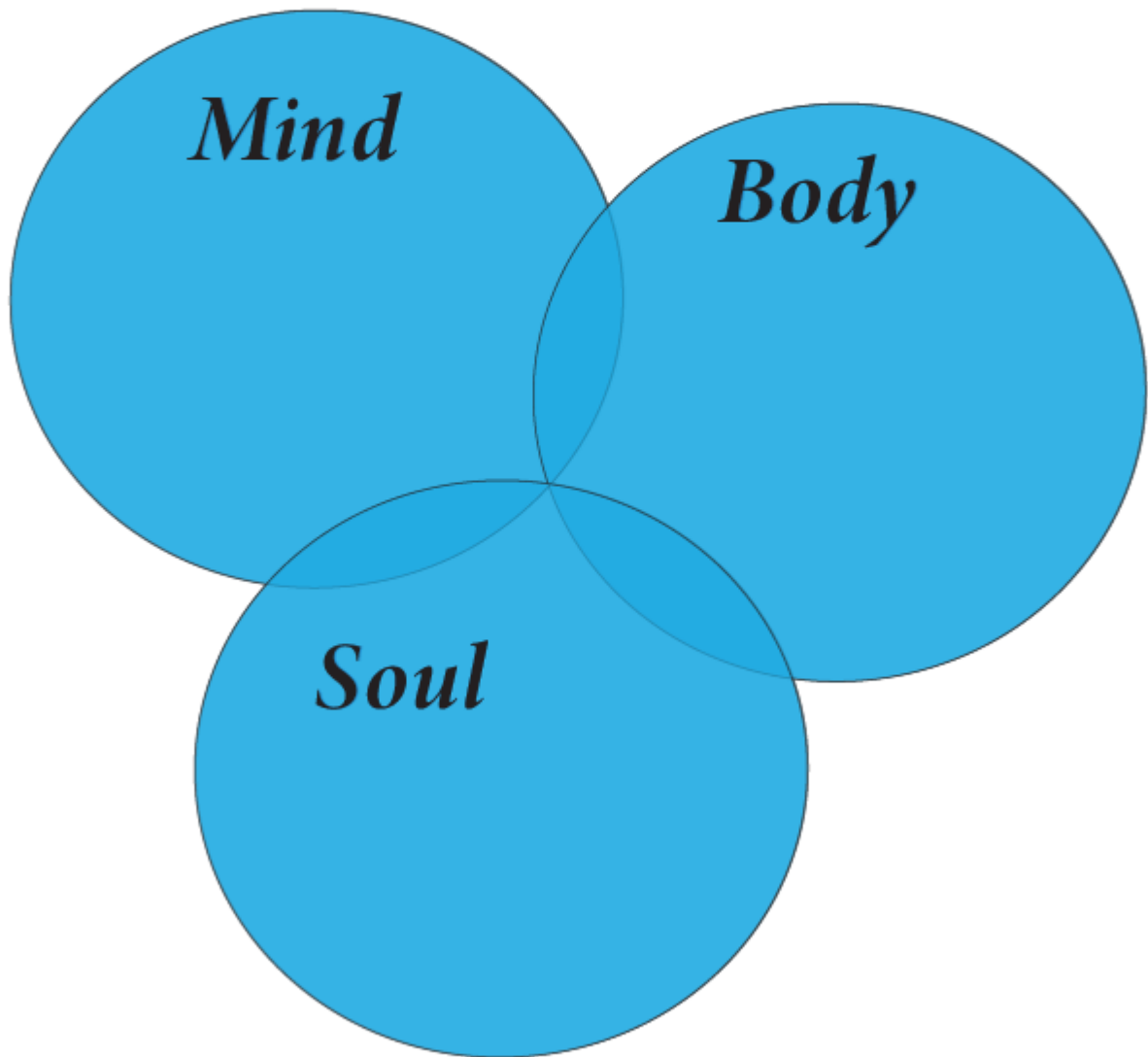
DAY: M T W T F S S

| | |
|-------------------|---------------------------------------------------------------------------------------|
| BREAKFAST: | WORKOUTS |
| | |
| CALORIES: | |
| LUNCH: | STEP COUNT: |
| | CALORIES: |
| | BRUNT: |
| | WATER INTAKE |
| CALORIES: |  |
| DINNER: | MOOD |
| |  |
| CALORIES: | |
| SNACKS: | NOTES |
| | |
| CALORIES: | |



Thought Recorder

Gifts to Myself





Thought Recorder

I Love Myself Because _____

I Embrace Myself Because _____

I Forgive Myself Because _____

Daily
Gratitude:

Daily
Accomplishment
Goals

Weekly
Accomplishment
Goals

I Celebrate
Myself For:

I challenge
Myself To:

I Clam
Myself By:





Thought Recorder

FOOD DIARY

DATE: _____

DAY: M T W T F S S

| | |
|-------------------|---------------------------------------------------------------------------------------|
| BREAKFAST: | WORKOUTS |
| | |
| CALORIES: | |
| LUNCH: | STEP COUNT: |
| | CALORIES: |
| | BRUNT: |
| CALORIES: | WATER INTAKE |
| DINNER: |  |
| | MOOD |
| CALORIES: |  |
| SNACKS: | NOTES |
| | |
| CALORIES: | |



Thought Recorder

Monthly Goal Setting:

Large empty blue box for monthly goal setting.

Weekly Goal Setting:

Week 1

Week 2

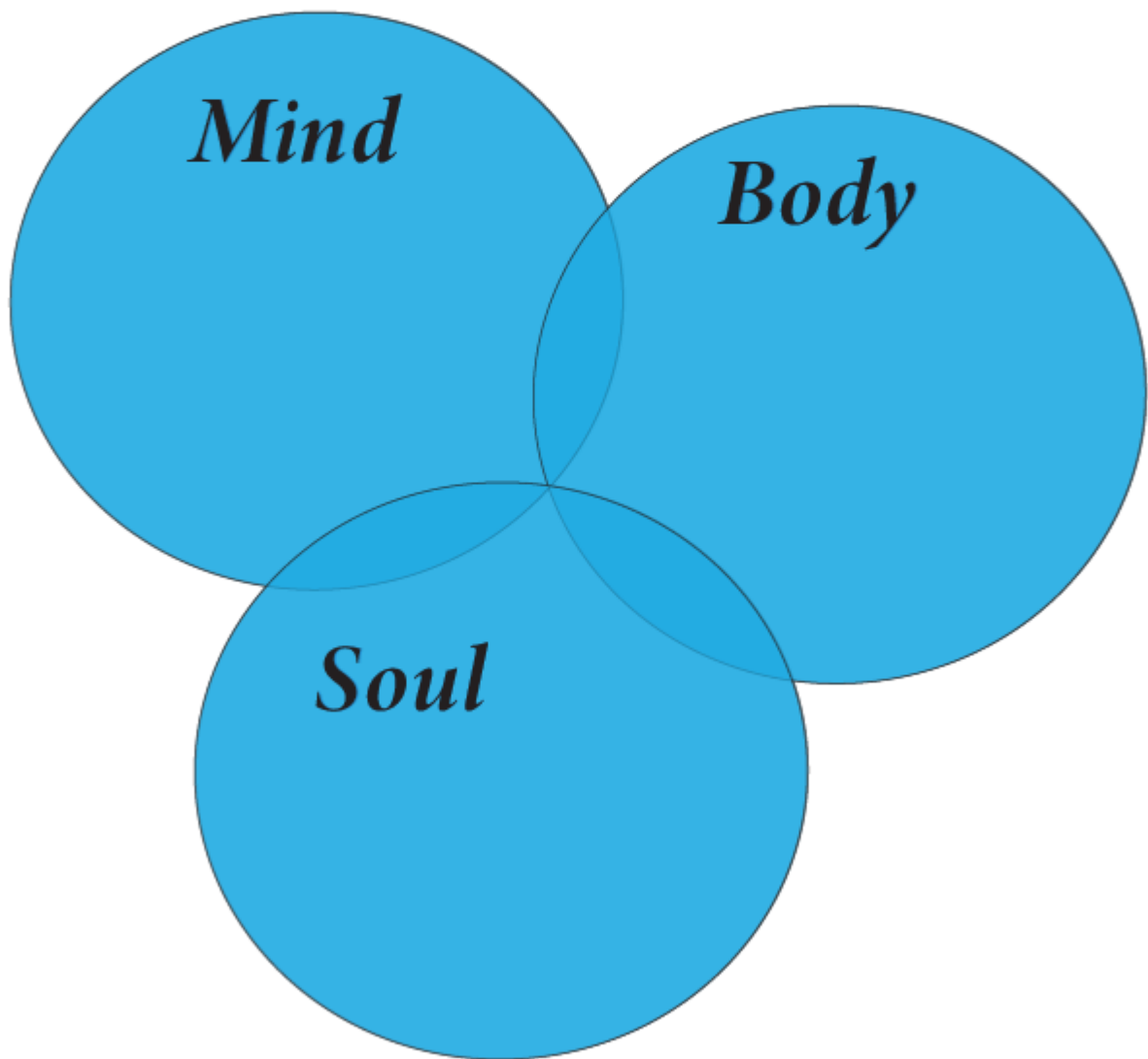
Week 3

Week 4



Thought Recorder

Gifts to Myself





Thought Recorder

I Love Myself Because _____

I Embrace Myself Because _____

I Forgive Myself Because _____

Daily
Gratitude:

Daily
Accomplishment
Goals

Weekly
Accomplishment
Goals

I Celebrate
Myself For:

I challenge
Myself To:

I Clam
Myself By:





Thought Recorder

FOOD DIARY

DATE: _____

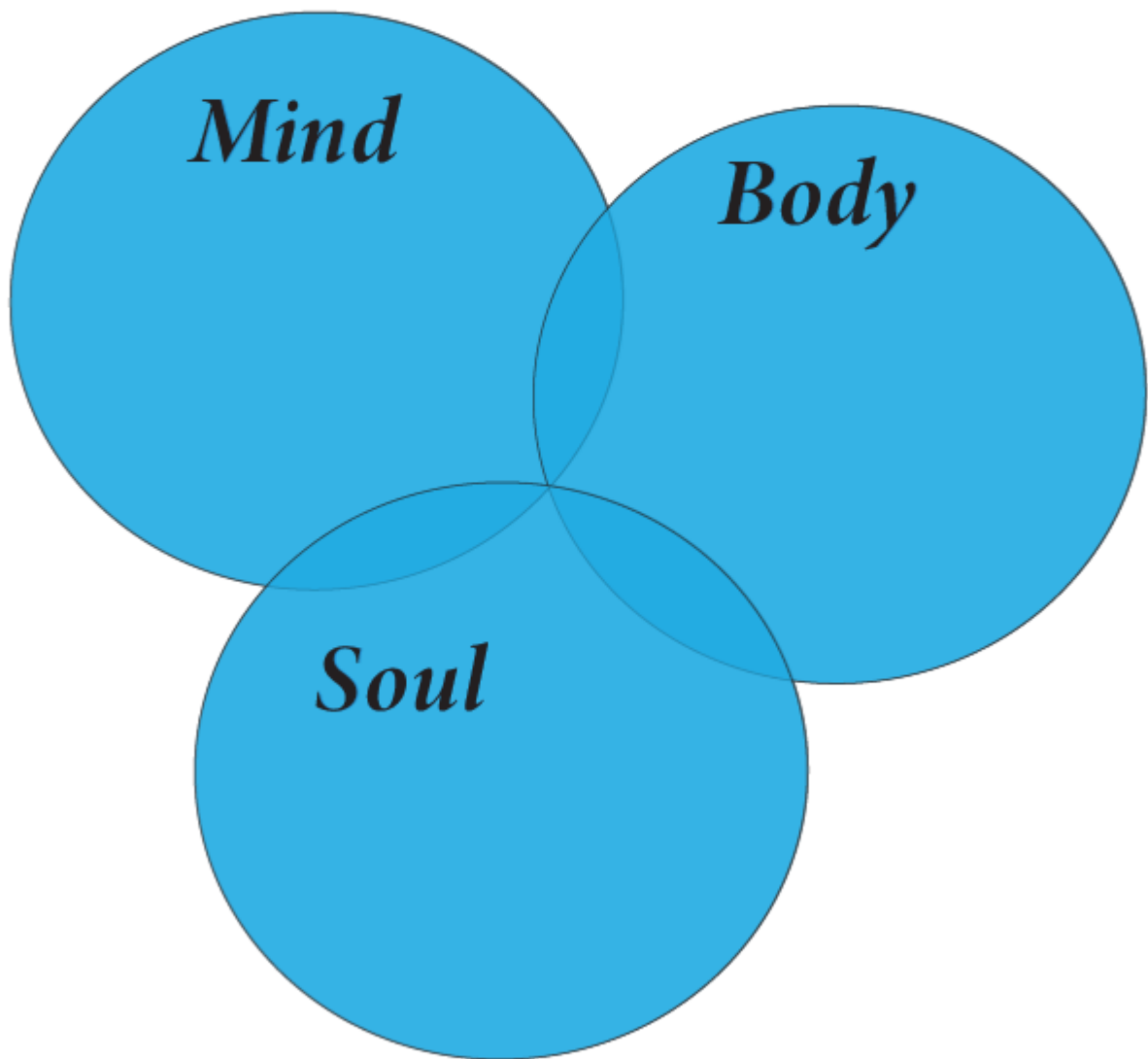
DAY: M T W T F S S

| | |
|-------------------|---------------------------------------------------------------------------------------|
| BREAKFAST: | WORKOUTS |
| | |
| CALORIES: | |
| LUNCH: | STEP COUNT: |
| | CALORIES: |
| | BRUNT: |
| CALORIES: | WATER INTAKE |
| DINNER: |  |
| | MOOD |
| CALORIES: |  |
| SNACKS: | NOTES |
| | |
| CALORIES: | |



Thought Recorder

Gifts to Myself





Thought Recorder

I Love Myself Because _____

I Embrace Myself Because _____

I Forgive Myself Because _____

Daily
Gratitude:

Daily
Accomplishment
Goals

Weekly
Accomplishment
Goals

I Celebrate
Myself For:

I challenge
Myself To:

I Clam
Myself By:





Thought Recorder

FOOD DIARY

DATE: _____

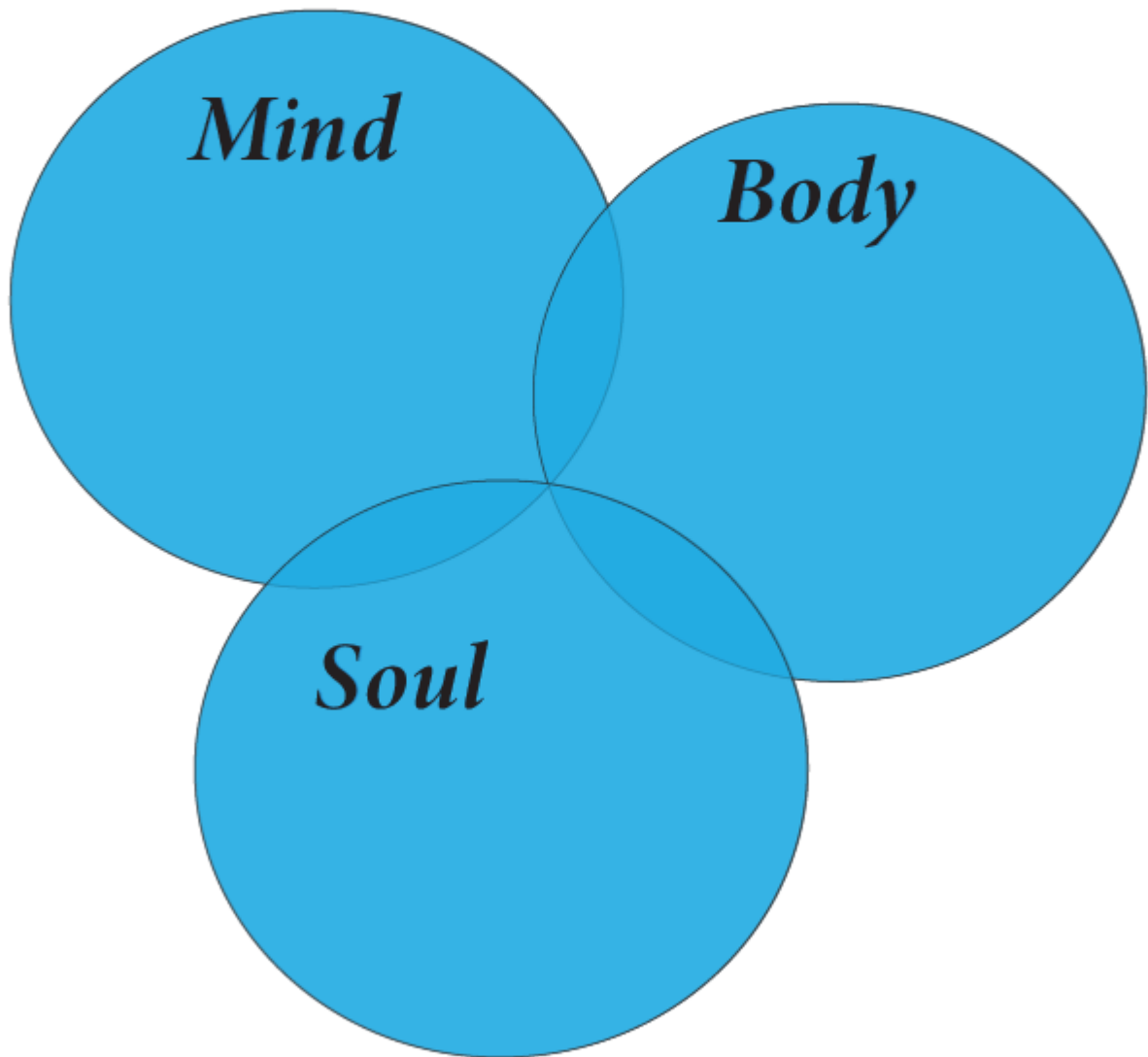
DAY: M T W T F S S

| | |
|-------------------|---------------------------------------------------------------------------------------|
| BREAKFAST: | WORKOUTS |
| | |
| CALORIES: | |
| LUNCH: | STEP COUNT: |
| | CALORIES: |
| | BRUNT: |
| CALORIES: | WATER INTAKE |
| DINNER: |  |
| | MOOD |
| CALORIES: |  |
| SNACKS: | NOTES |
| CALORIES: | |



Thought Recorder

Gifts to Myself





Thought Recorder

I Love Myself Because _____

I Embrace Myself Because _____

I Forgive Myself Because _____

Daily
Gratitude:

Daily
Accomplishment
Goals

Weekly
Accomplishment
Goals

I Celebrate
Myself For:

I challenge
Myself To:

I Clam
Myself By:





Thought Recorder

FOOD DIARY

DATE: _____

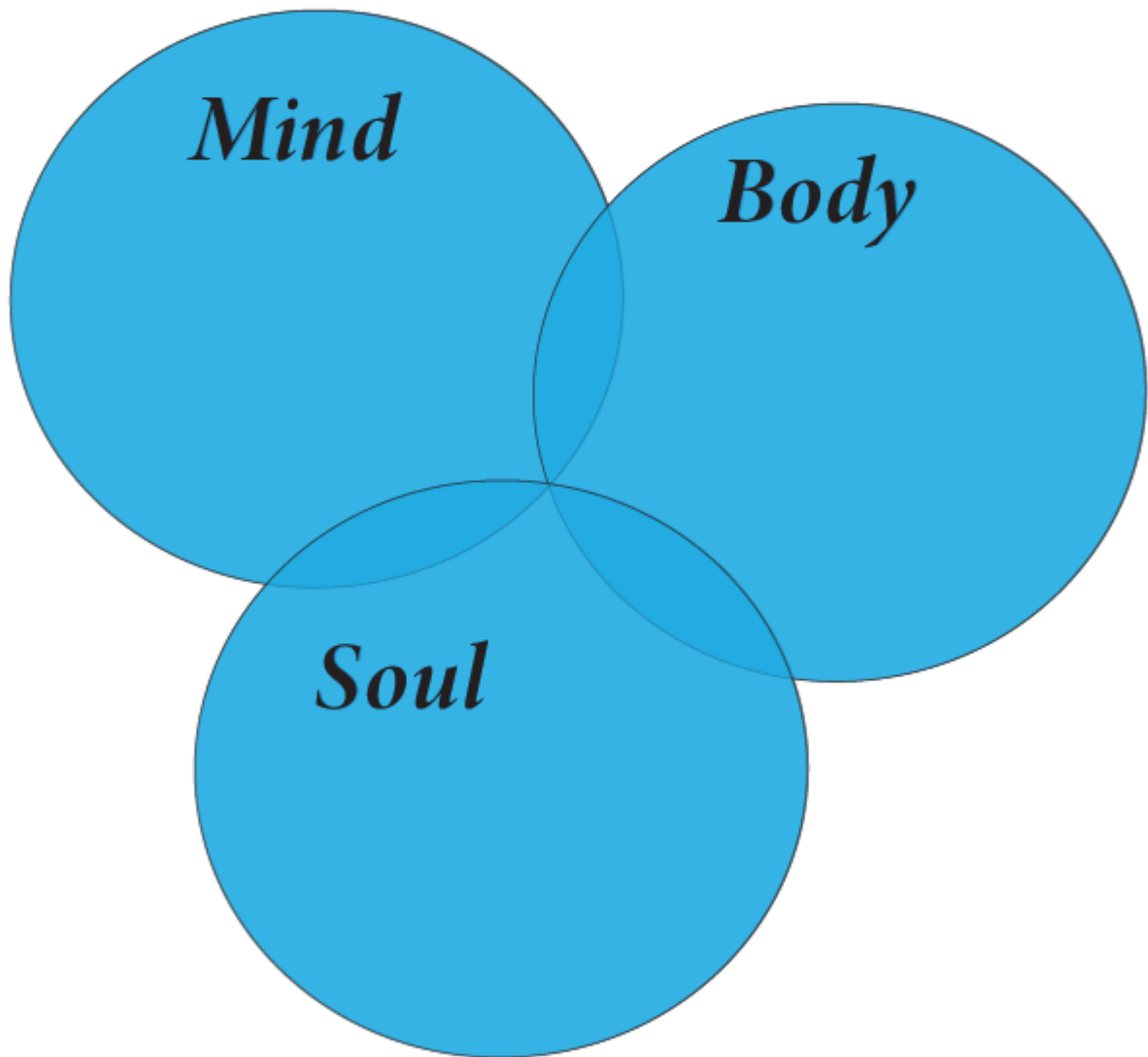
DAY: M T W T F S S

| | |
|-------------------|---------------------------------------------------------------------------------------|
| BREAKFAST: | WORKOUTS |
| | |
| CALORIES: | |
| LUNCH: | STEP COUNT: |
| | CALORIES: |
| | BRUNT: |
| | WATER INTAKE |
| CALORIES: |  |
| DINNER: | MOOD |
| |  |
| CALORIES: | |
| SNACKS: | NOTES |
| | |
| CALORIES: | |



Thought Recorder

Gifts to Myself





Thought Recorder

I Love Myself Because _____

I Embrace Myself Because _____

I Forgive Myself Because _____

Daily
Gratitude:

Daily
Accomplishment
Goals

Weekly
Accomplishment
Goals

I Celebrate
Myself For:

I challenge
Myself To:

I Clam
Myself By:





Thought Recorder

FOOD DIARY

DATE: _____

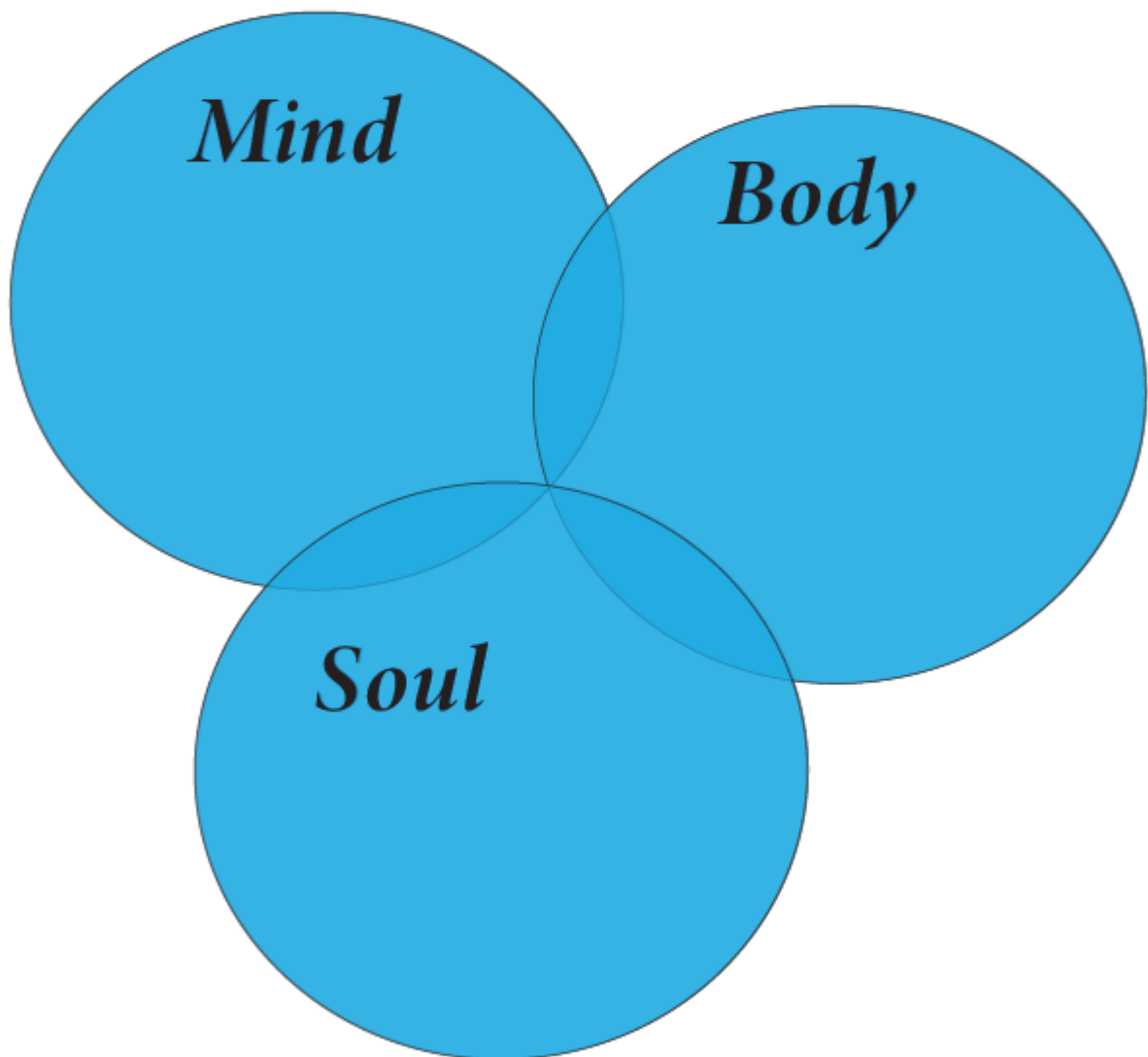
DAY: M T W T F S S

| | |
|-------------------|---------------------------------------------------------------------------------------|
| BREAKFAST: | WORKOUTS |
| | |
| CALORIES: | |
| LUNCH: | STEP COUNT: |
| | CALORIES: |
| | BRUNT: |
| | WATER INTAKE |
| CALORIES: |  |
| DINNER: | MOOD |
| |  |
| CALORIES: | |
| SNACKS: | NOTES |
| | |
| CALORIES: | |



Thought Recorder

Gifts to Myself





Thought Recorder

I Love Myself Because _____

I Embrace Myself Because _____

I Forgive Myself Because _____

Daily
Gratitude:

Daily
Accomplishment
Goals

Weekly
Accomplishment
Goals

I Celebrate
Myself For:

I challenge
Myself To:

I Clam
Myself By:





Thought Recorder

FOOD DIARY

DATE: _____

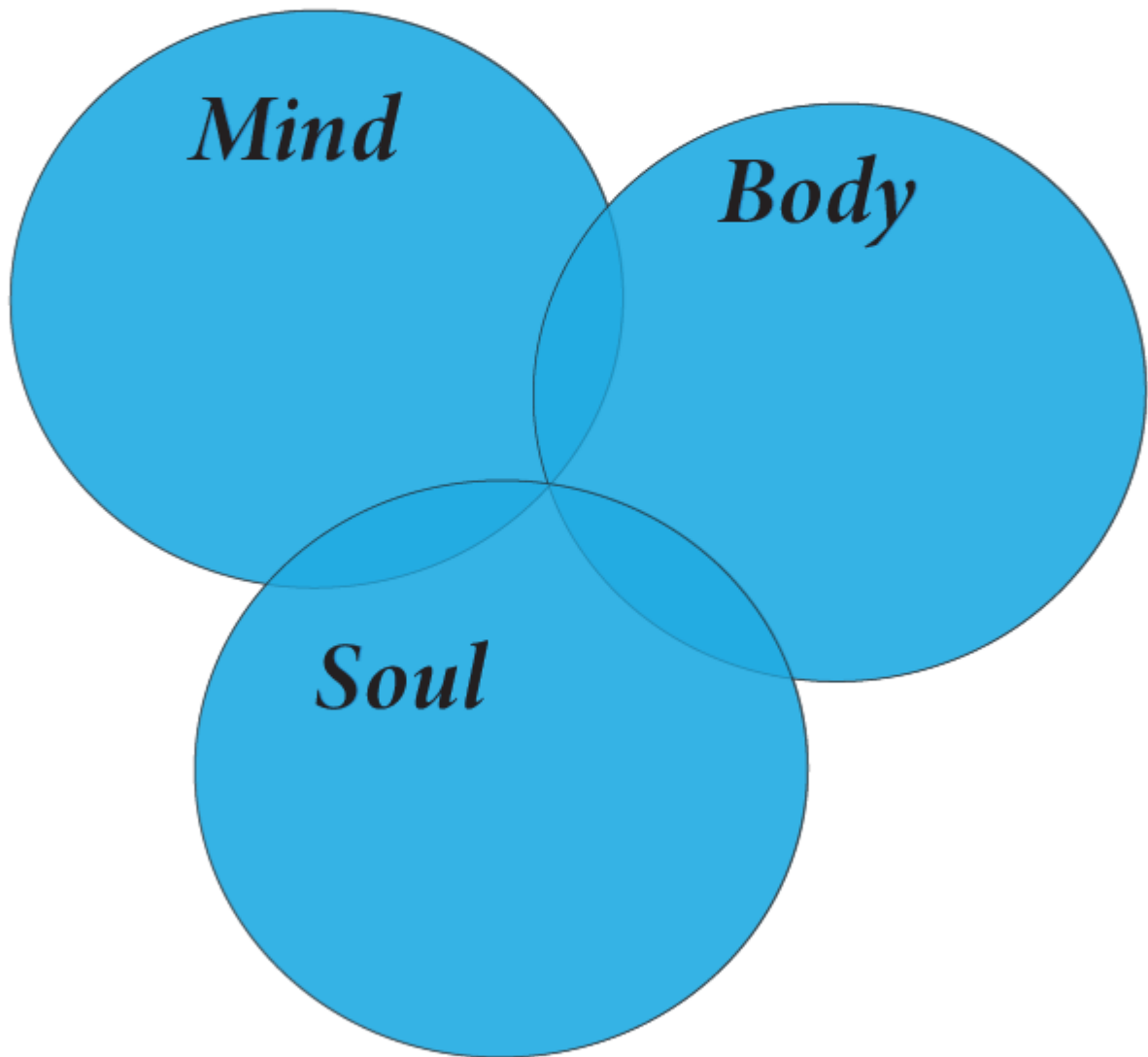
DAY: M T W T F S S

| | |
|-------------------|---------------------------------------------------------------------------------------|
| BREAKFAST: | WORKOUTS |
| | |
| CALORIES: | |
| LUNCH: | STEP COUNT: |
| | CALORIES: |
| | BRUNT: |
| CALORIES: | WATER INTAKE |
| DINNER: |  |
| | MOOD |
| CALORIES: |  |
| SNACKS: | NOTES |
| CALORIES: | |



Thought Recorder

Gifts to Myself





Thought Recorder

I Love Myself Because _____

I Embrace Myself Because _____

I Forgive Myself Because _____

Daily
Gratitude:

Daily
Accomplishment
Goals

Weekly
Accomplishment
Goals

I Celebrate
Myself For:

I challenge
Myself To:

I Clam
Myself By:





Thought Recorder

FOOD DIARY

DATE: _____

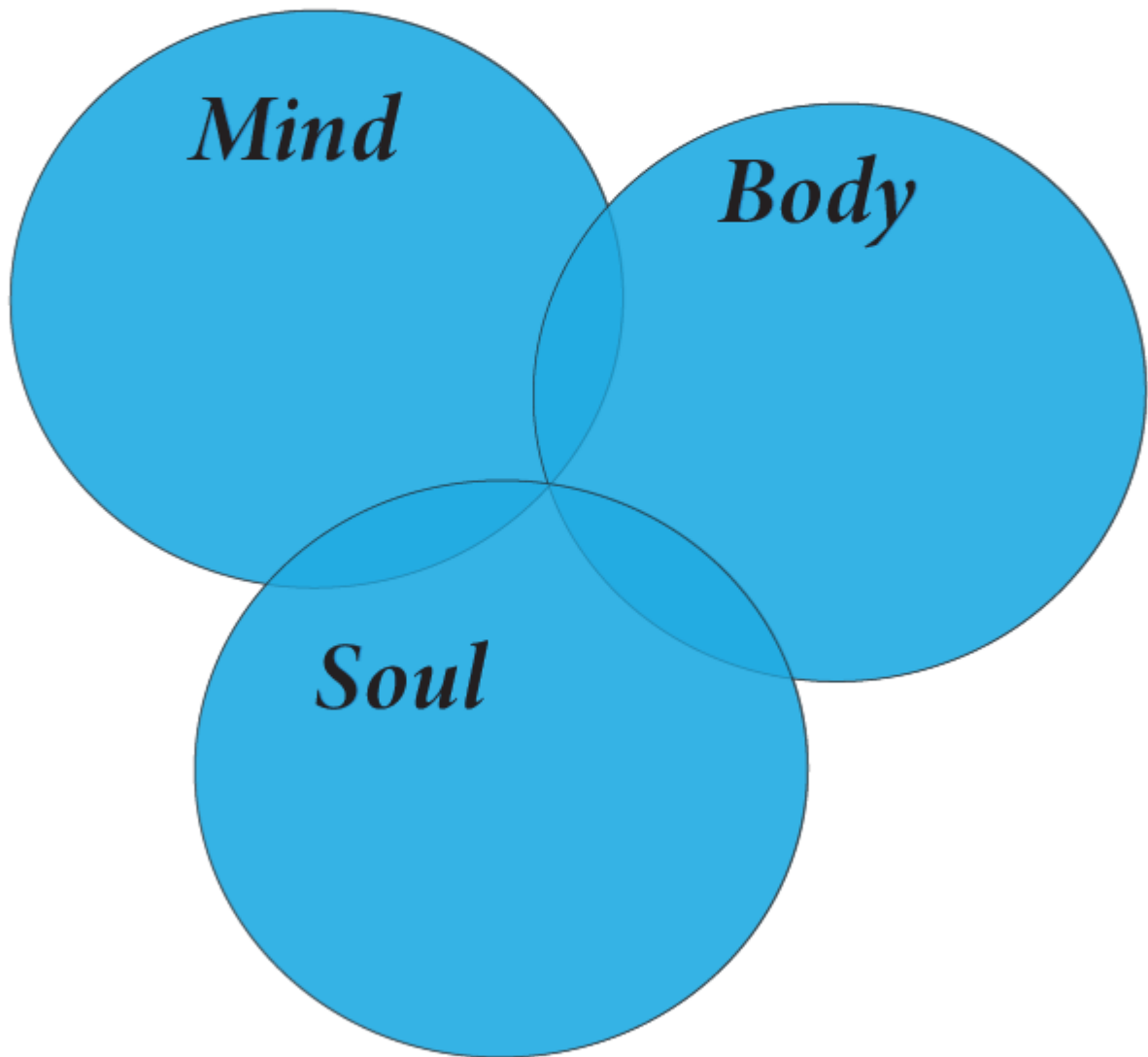
DAY: M T W T F S S

| | |
|-------------------|---------------------------------------------------------------------------------------|
| BREAKFAST: | WORKOUTS |
| | |
| CALORIES: | |
| LUNCH: | STEP COUNT: |
| | CALORIES: |
| | BRUNT: |
| | WATER INTAKE |
| CALORIES: |  |
| DINNER: | MOOD |
| |  |
| CALORIES: | |
| SNACKS: | NOTES |
| | |
| CALORIES: | |



Thought Recorder

Gifts to Myself





Thought Recorder

I Love Myself Because _____

I Embrace Myself Because _____

I Forgive Myself Because _____

Daily
Gratitude:

Daily
Accomplishment
Goals

Weekly
Accomplishment
Goals

I Celebrate
Myself For:

I challenge
Myself To:

I Clam
Myself By:





Thought Recorder

FOOD DIARY

DATE: _____

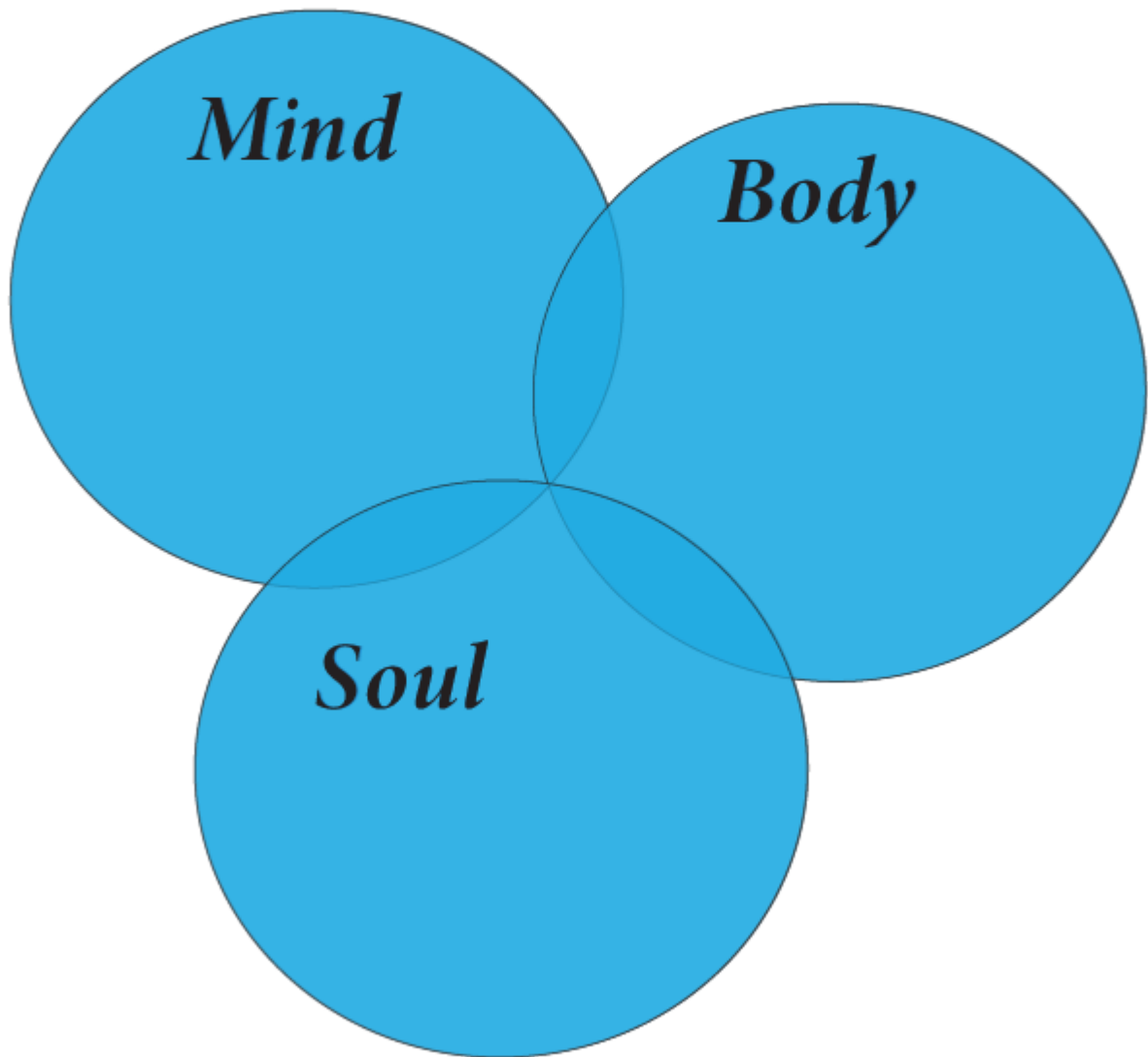
DAY: M T W T F S S

| | |
|-------------------|---------------------------------------------------------------------------------------|
| BREAKFAST: | WORKOUTS |
| | |
| CALORIES: | |
| LUNCH: | STEP COUNT: |
| | CALORIES: |
| | BRUNT: |
| CALORIES: | WATER INTAKE |
| DINNER: |  |
| | MOOD |
| CALORIES: |  |
| SNACKS: | NOTES |
| | |
| CALORIES: | |



Thought Recorder

Gifts to Myself





Thought Recorder

I Love Myself Because _____

I Embrace Myself Because _____

I Forgive Myself Because _____

Daily
Gratitude:

Daily
Accomplishment
Goals

Weekly
Accomplishment
Goals

I Celebrate
Myself For:

I challenge
Myself To:

I Clam
Myself By:





Thought Recorder

FOOD DIARY

DATE: _____

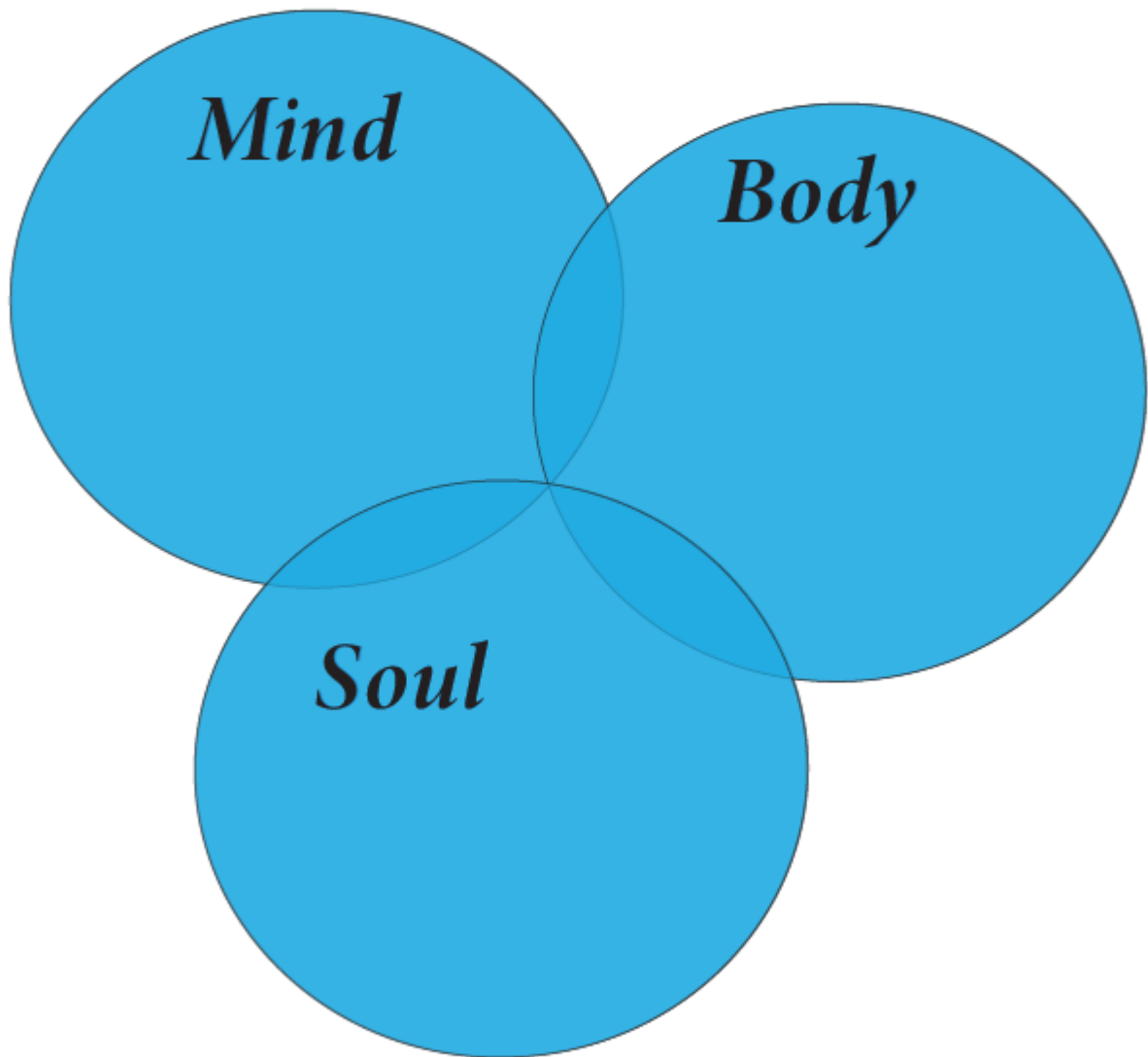
DAY: M T W T F S S

| | |
|-------------------|---------------------------------------------------------------------------------------|
| BREAKFAST: | WORKOUTS |
| | |
| CALORIES: | |
| LUNCH: | STEP COUNT: |
| | CALORIES: |
| | BRUNT: |
| CALORIES: | WATER INTAKE |
| DINNER: |  |
| | MOOD |
| CALORIES: |  |
| SNACKS: | NOTES |
| | |
| CALORIES: | |



Thought Recorder

Gifts to Myself





Thought Recorder

I Love Myself Because _____

I Embrace Myself Because _____

I Forgive Myself Because _____

Daily
Gratitude:

Daily
Accomplishment
Goals

Weekly
Accomplishment
Goals

I Celebrate
Myself For:

I challenge
Myself To:

I Clam
Myself By:





Thought Recorder

FOOD DIARY

DATE: _____

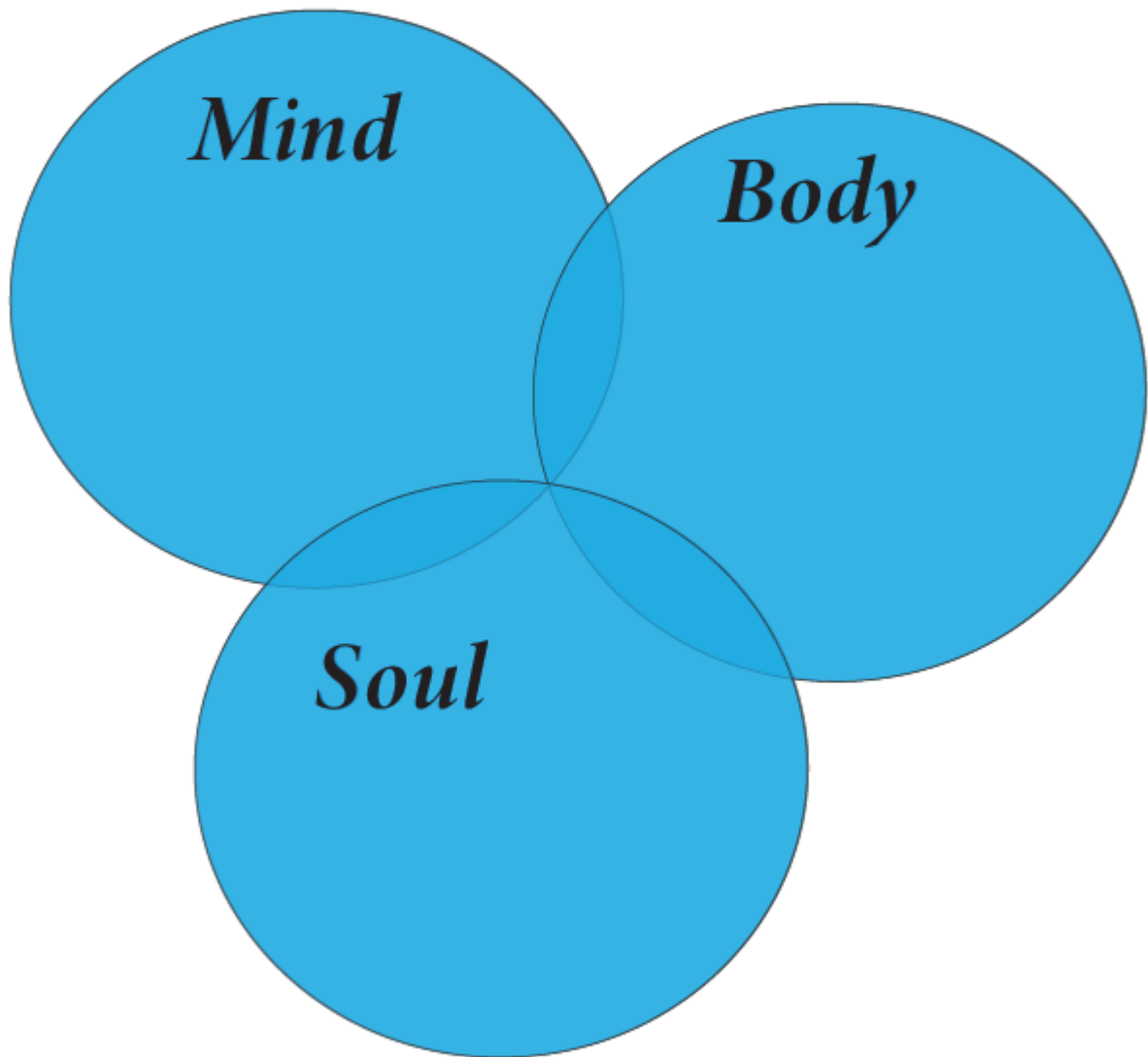
DAY: M T W T F S S

| | |
|-------------------|---------------------------------------------------------------------------------------|
| BREAKFAST: | WORKOUTS |
| | |
| CALORIES: | |
| LUNCH: | STEP COUNT: |
| | CALORIES: |
| | BRUNT: |
| CALORIES: | WATER INTAKE |
| DINNER: |  |
| | MOOD |
| CALORIES: |  |
| SNACKS: | NOTES |
| | |
| CALORIES: | |



Thought Recorder

Gifts to Myself





Thought Recorder

I Love Myself Because _____

I Embrace Myself Because _____

I Forgive Myself Because _____

Daily
Gratitude:

Daily
Accomplishment
Goals

Weekly
Accomplishment
Goals

I Celebrate
Myself For:

I challenge
Myself To:

I Clam
Myself By:





Thought Recorder

FOOD DIARY

DATE: _____

DAY: M T W T F S S

| | |
|-------------------|---------------------------------------------------------------------------------------|
| BREAKFAST: | WORKOUTS |
| | |
| CALORIES: | |
| LUNCH: | STEP COUNT: |
| | CALORIES: |
| | BRUNT: |
| CALORIES: | WATER INTAKE |
| DINNER: |  |
| | MOOD |
| CALORIES: |  |
| SNACKS: | NOTES |
| CALORIES: | |



Thought Recorder

Monthly Goal Setting:

Large empty blue rounded rectangle for monthly goal setting.

Weekly Goal Setting:

Week 1

Week 2

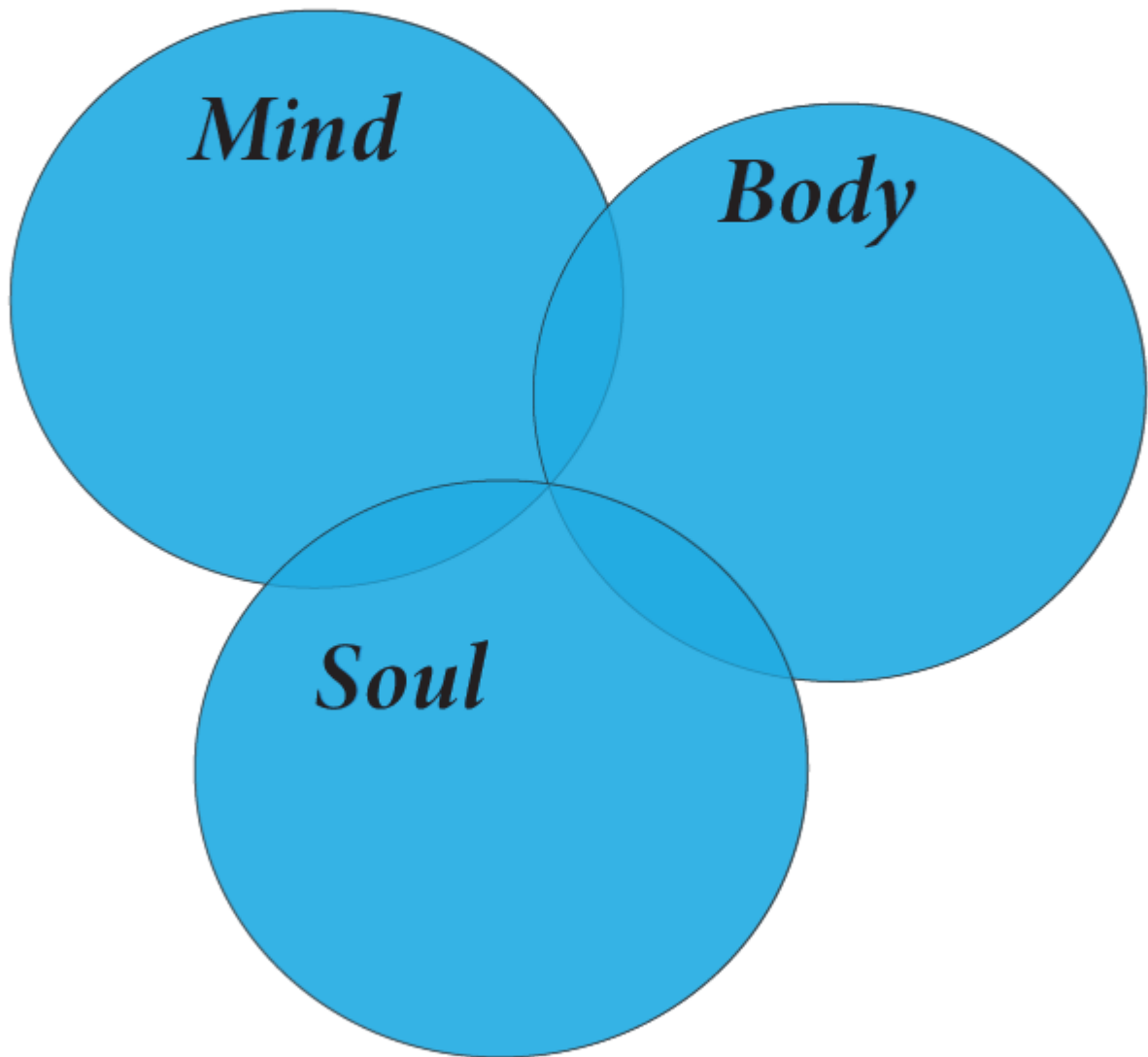
Week 3

Week 4



Thought Recorder

Gifts to Myself





Thought Recorder

I Love Myself Because _____

I Embrace Myself Because _____

I Forgive Myself Because _____

Daily
Gratitude:

Daily
Accomplishment
Goals

Weekly
Accomplishment
Goals

I Celebrate
Myself For:

I challenge
Myself To:

I Clam
Myself By:





Thought Recorder

FOOD DIARY

DATE: _____

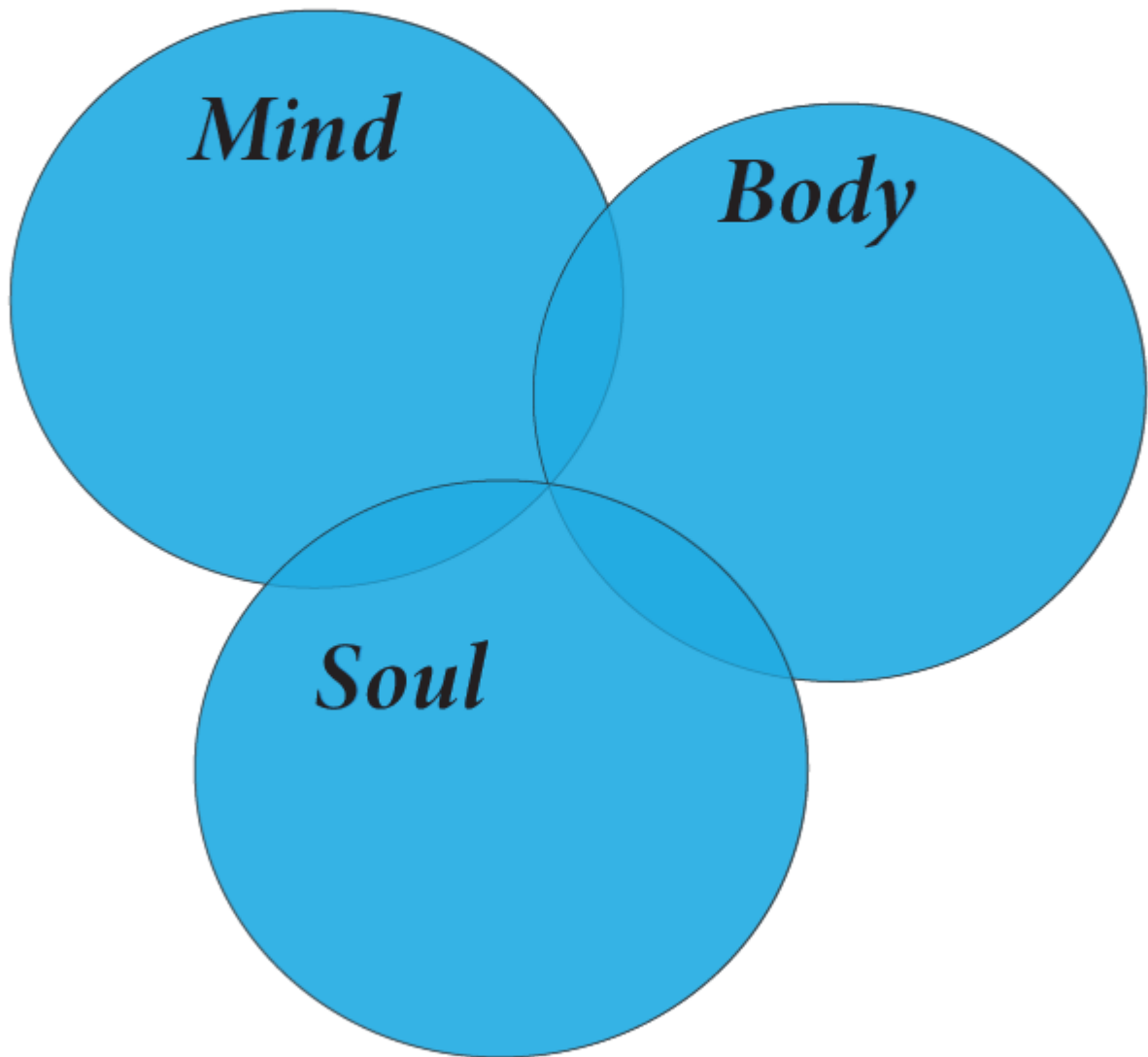
DAY: M T W T F S S

| | |
|-------------------|---------------------------------------------------------------------------------------|
| BREAKFAST: | WORKOUTS |
| | |
| CALORIES: | |
| LUNCH: | STEP COUNT: |
| | CALORIES: |
| | BRUNT: |
| | WATER INTAKE |
| CALORIES: |  |
| DINNER: | MOOD |
| |  |
| CALORIES: | |
| SNACKS: | NOTES |
| | |
| CALORIES: | |



Thought Recorder

Gifts to Myself





Thought Recorder

I Love Myself Because _____

I Embrace Myself Because _____

I Forgive Myself Because _____

Daily
Gratitude:

Daily
Accomplishment
Goals

Weekly
Accomplishment
Goals

I Celebrate
Myself For:

I challenge
Myself To:

I Clam
Myself By:





Thought Recorder

FOOD DIARY

DATE: _____

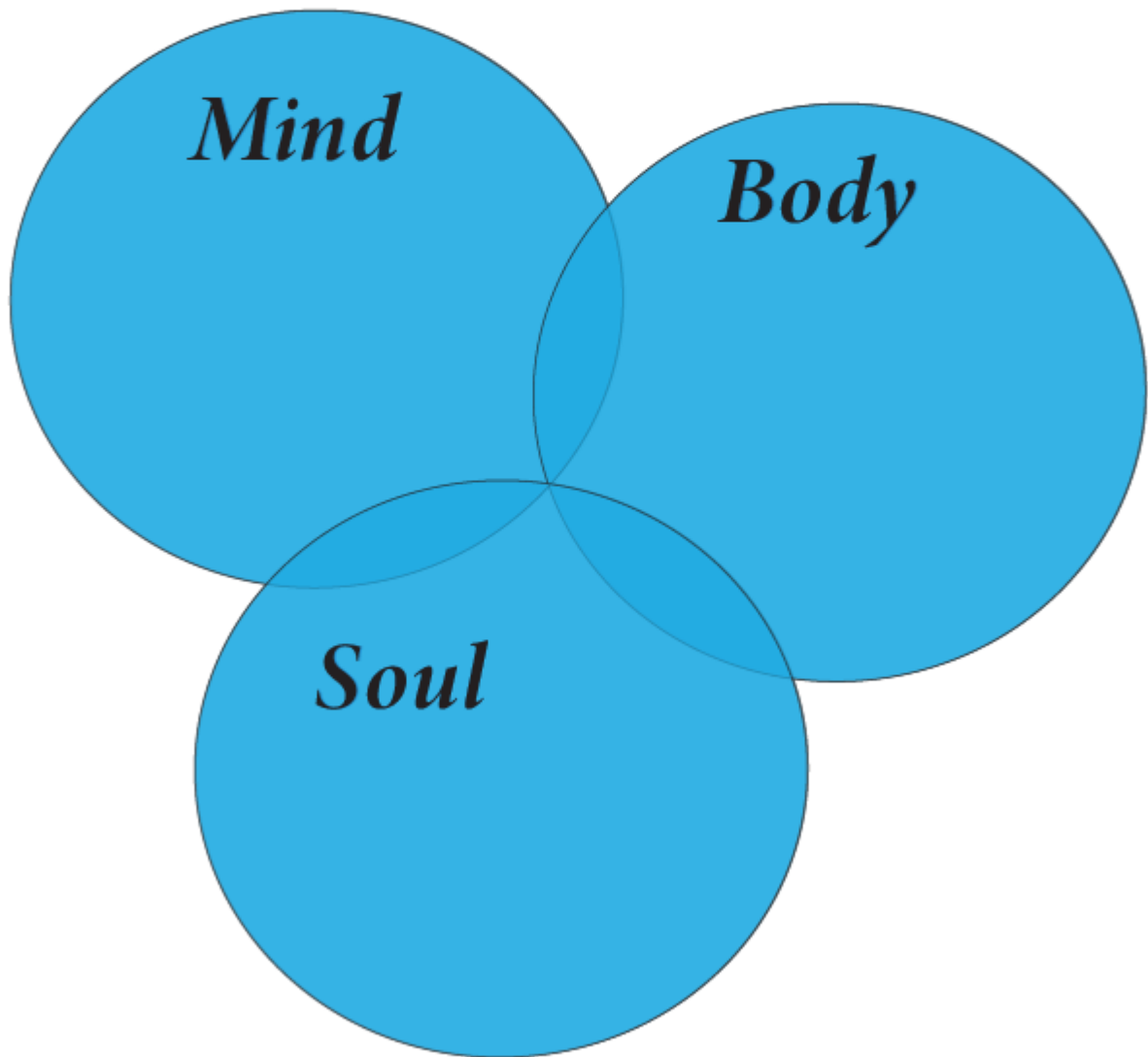
DAY: M T W T F S S

| | |
|-------------------|---------------------------------------------------------------------------------------|
| BREAKFAST: | WORKOUTS |
| | |
| CALORIES: | |
| LUNCH: | STEP COUNT: |
| | CALORIES: |
| | BRUNT: |
| CALORIES: | WATER INTAKE |
| DINNER: |  |
| | MOOD |
| CALORIES: |  |
| SNACKS: | NOTES |
| CALORIES: | |



Thought Recorder

Gifts to Myself





Thought Recorder

I Love Myself Because _____

I Embrace Myself Because _____

I Forgive Myself Because _____

Daily
Gratitude:

Daily
Accomplishment
Goals

Weekly
Accomplishment
Goals

I Celebrate
Myself For:

I challenge
Myself To:

I Clam
Myself By:





Thought Recorder

FOOD DIARY

DATE: _____

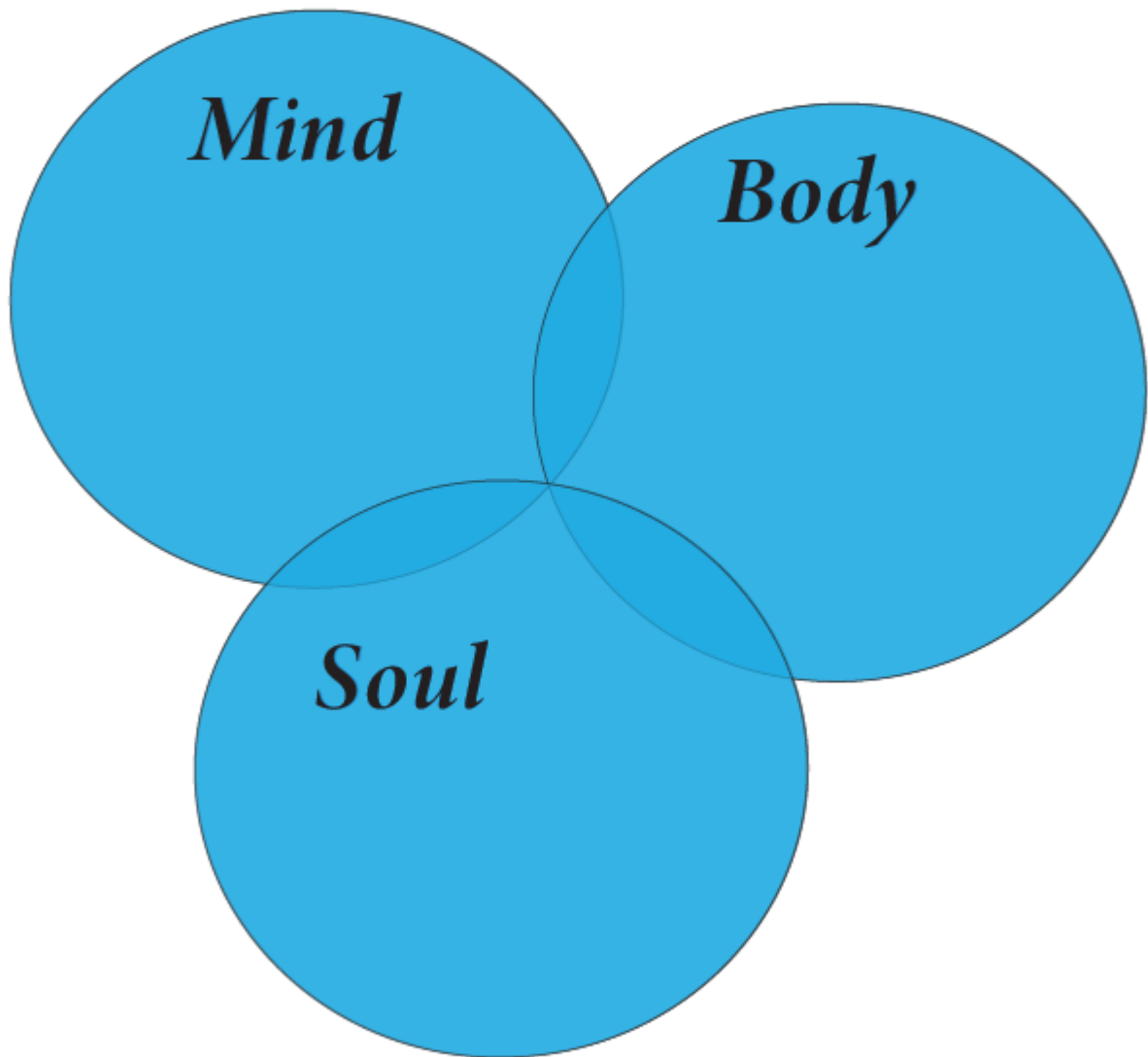
DAY: M T W T F S S

| | |
|-------------------|---------------------------------------------------------------------------------------|
| BREAKFAST: | WORKOUTS |
| | |
| CALORIES: | |
| LUNCH: | STEP COUNT: |
| | CALORIES: |
| | BRUNT: |
| | WATER INTAKE |
| CALORIES: |  |
| DINNER: | MOOD |
| |  |
| CALORIES: | |
| SNACKS: | NOTES |
| | |
| CALORIES: | |



Thought Recorder

Gifts to Myself





Thought Recorder

I Love Myself Because _____

I Embrace Myself Because _____

I Forgive Myself Because _____

Daily
Gratitude:

Daily
Accomplishment
Goals

Weekly
Accomplishment
Goals

I Celebrate
Myself For:

I challenge
Myself To:

I Clam
Myself By:





Thought Recorder

FOOD DIARY

DATE: _____

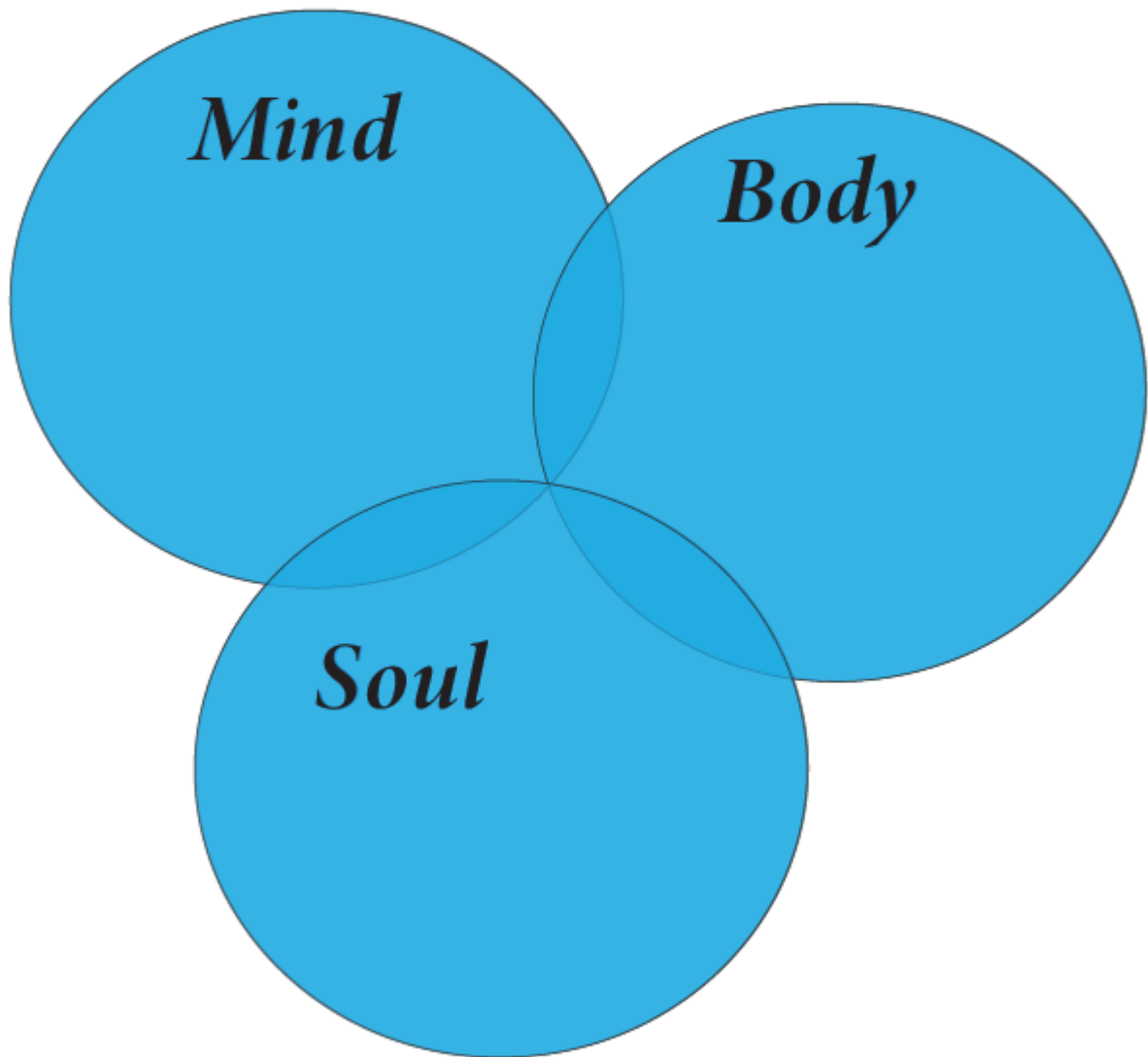
DAY: M T W T F S S

| | |
|-------------------|---------------------------------------------------------------------------------------|
| BREAKFAST: | WORKOUTS |
| | |
| CALORIES: | |
| LUNCH: | STEP COUNT: |
| | CALORIES: |
| | BRUNT: |
| CALORIES: | WATER INTAKE |
| DINNER: |  |
| | MOOD |
| CALORIES: |  |
| SNACKS: | NOTES |
| | |
| CALORIES: | |



Thought Recorder

Gifts to Myself





Thought Recorder

I Love Myself Because _____

I Embrace Myself Because _____

I Forgive Myself Because _____

Daily
Gratitude:

Daily
Accomplishment
Goals

Weekly
Accomplishment
Goals

I Celebrate
Myself For:

I challenge
Myself To:

I Clam
Myself By:





Thought Recorder

FOOD DIARY

DATE: _____

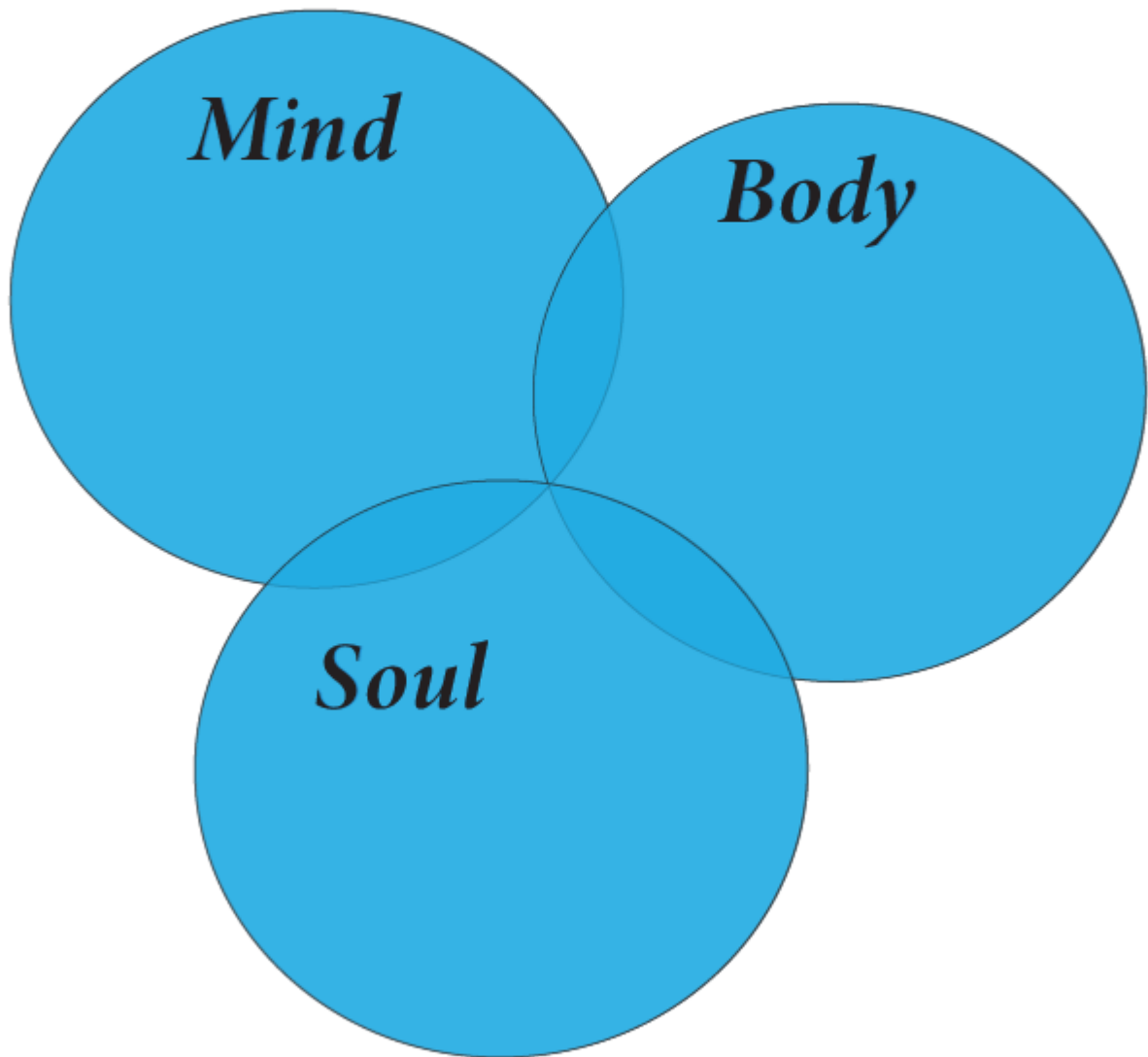
DAY: M T W T F S S

| | |
|-------------------|---------------------------------------------------------------------------------------|
| BREAKFAST: | WORKOUTS |
| | |
| CALORIES: | |
| LUNCH: | STEP COUNT: |
| | CALORIES: |
| | BRUNT: |
| CALORIES: | WATER INTAKE |
| DINNER: |  |
| | MOOD |
| CALORIES: |  |
| SNACKS: | NOTES |
| | |
| CALORIES: | |



Thought Recorder

Gifts to Myself





Thought Recorder

I Love Myself Because _____

I Embrace Myself Because _____

I Forgive Myself Because _____

Daily
Gratitude:

Daily
Accomplishment
Goals

Weekly
Accomplishment
Goals

I Celebrate
Myself For:

I challenge
Myself To:

I Clam
Myself By:





Thought Recorder

FOOD DIARY

DATE: _____

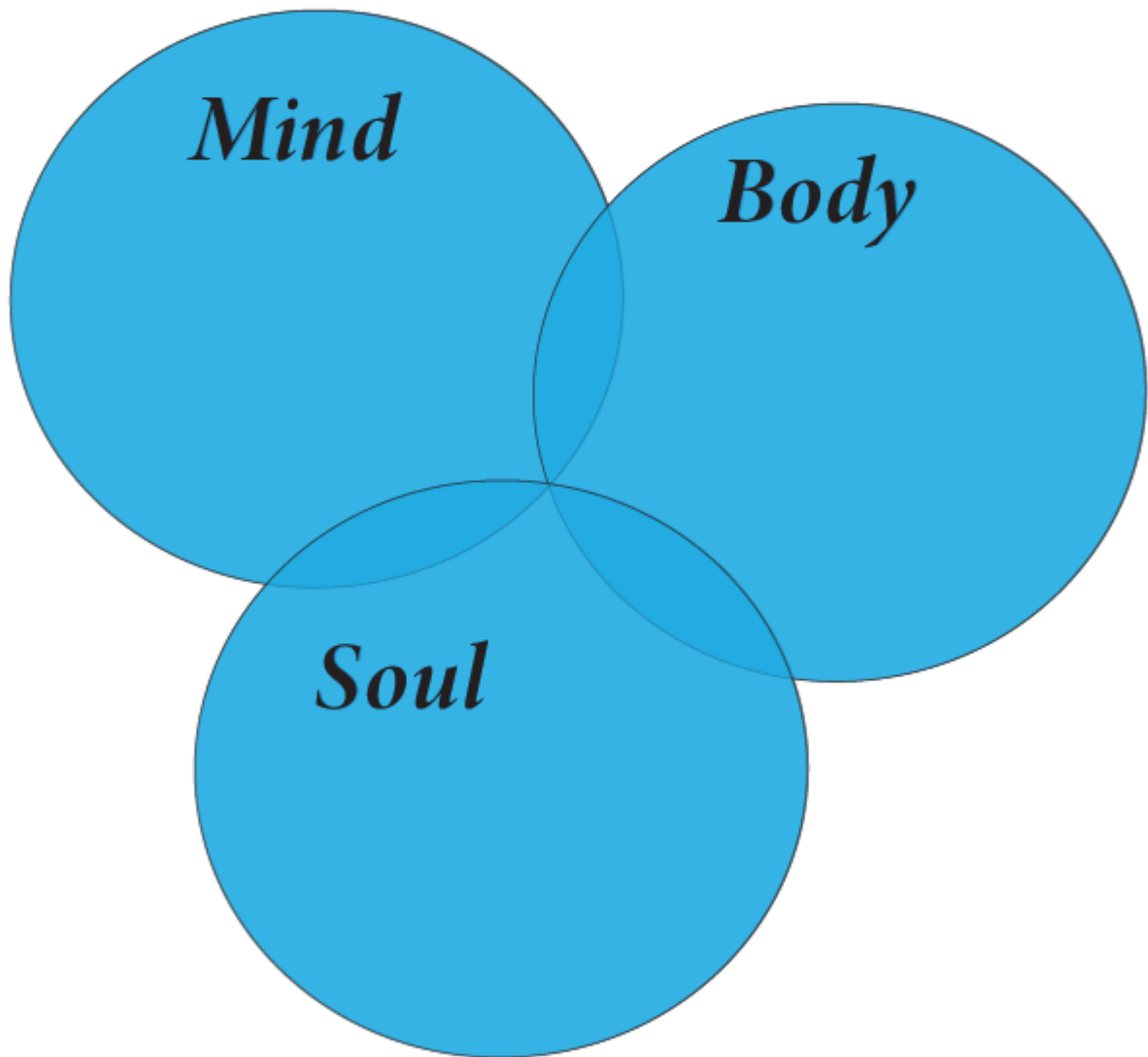
DAY: M T W T F S S

| | |
|-------------------|---------------------------------------------------------------------------------------|
| BREAKFAST: | WORKOUTS |
| | |
| CALORIES: | |
| LUNCH: | STEP COUNT: |
| | CALORIES: |
| | BRUNT: |
| CALORIES: | WATER INTAKE |
| DINNER: |  |
| | MOOD |
| CALORIES: |  |
| SNACKS: | NOTES |
| CALORIES: | |



Thought Recorder

Gifts to Myself





Thought Recorder

I Love Myself Because _____

I Embrace Myself Because _____

I Forgive Myself Because _____

Daily
Gratitude:

Daily
Accomplishment
Goals

Weekly
Accomplishment
Goals

I Celebrate
Myself For:

I challenge
Myself To:

I Clam
Myself By:





Thought Recorder

FOOD DIARY

DATE: _____

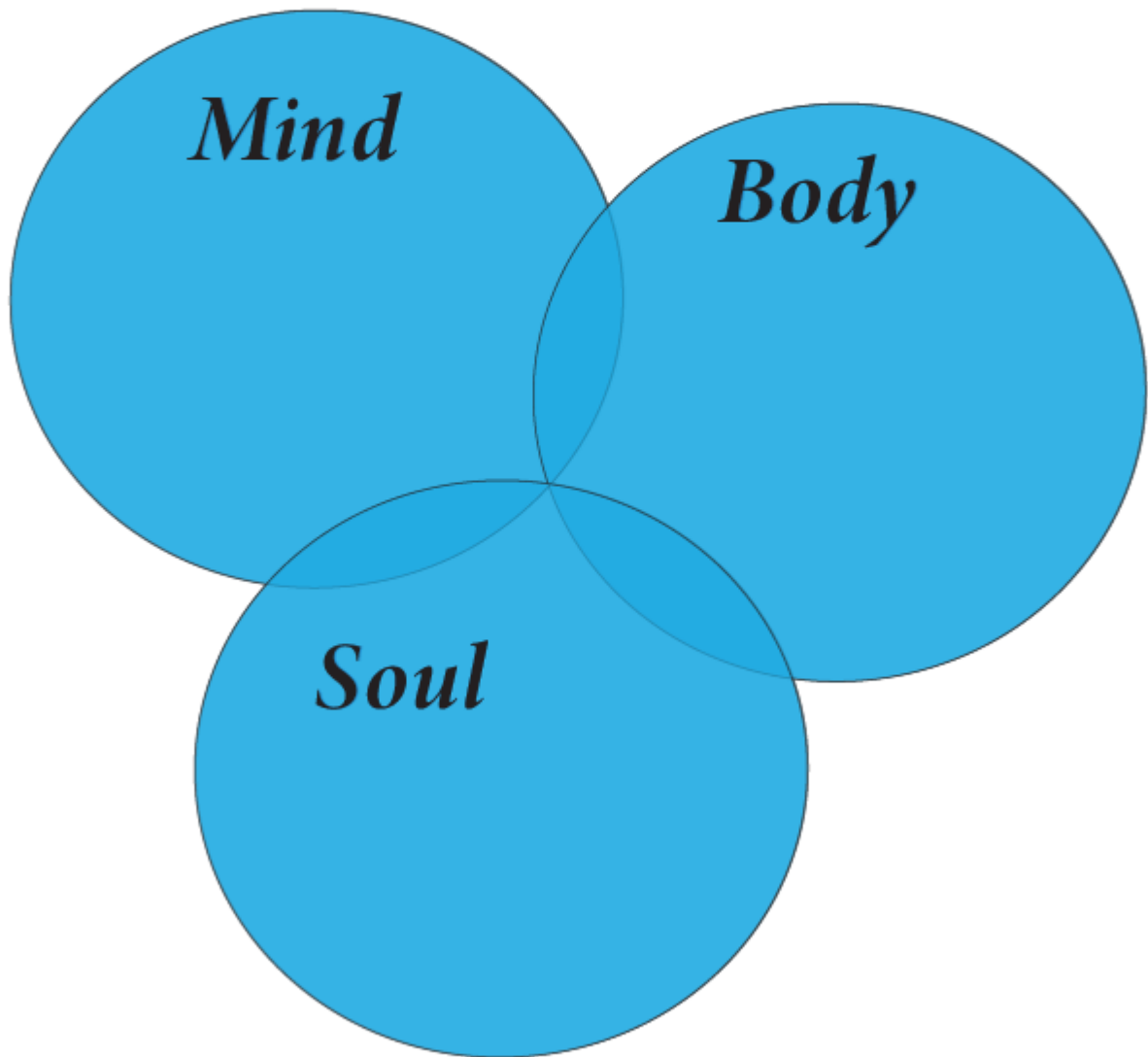
DAY: M T W T F S S

| | |
|-------------------|---------------------------------------------------------------------------------------|
| BREAKFAST: | WORKOUTS |
| | |
| CALORIES: | |
| LUNCH: | STEP COUNT: |
| | CALORIES: |
| | BRUNT: |
| CALORIES: | WATER INTAKE |
| DINNER: |  |
| | MOOD |
| CALORIES: |  |
| SNACKS: | NOTES |
| | |
| CALORIES: | |



Thought Recorder

Gifts to Myself





Thought Recorder

I Love Myself Because _____

I Embrace Myself Because _____

I Forgive Myself Because _____

Daily
Gratitude:

Daily
Accomplishment
Goals

Weekly
Accomplishment
Goals

I Celebrate
Myself For:

I challenge
Myself To:

I Clam
Myself By:





Thought Recorder

FOOD DIARY

DATE: _____

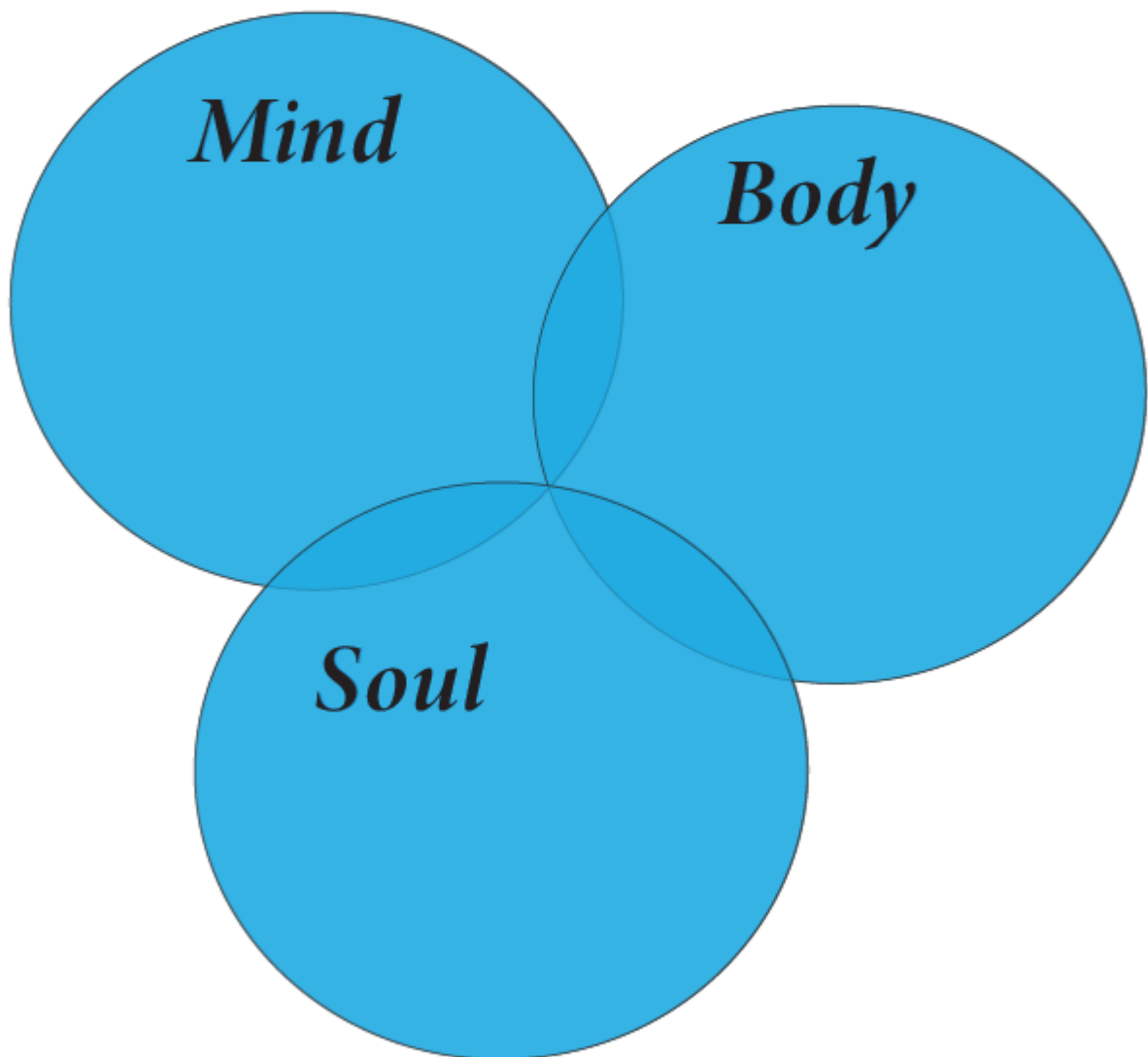
DAY: M T W T F S S

| | |
|-------------------|---------------------------------------------------------------------------------------|
| BREAKFAST: | WORKOUTS |
| | |
| CALORIES: | |
| LUNCH: | STEP COUNT: |
| | CALORIES: |
| | BRUNT: |
| | WATER INTAKE |
| CALORIES: |  |
| DINNER: | MOOD |
| |  |
| CALORIES: | |
| SNACKS: | NOTES |
| | |
| CALORIES: | |



Thought Recorder

Gifts to Myself





Thought Recorder

I Love Myself Because _____

I Embrace Myself Because _____

I Forgive Myself Because _____

Daily
Gratitude:

Daily
Accomplishment
Goals

Weekly
Accomplishment
Goals

I Celebrate
Myself For:

I challenge
Myself To:

I Clam
Myself By:





Thought Recorder

FOOD DIARY

DATE: _____

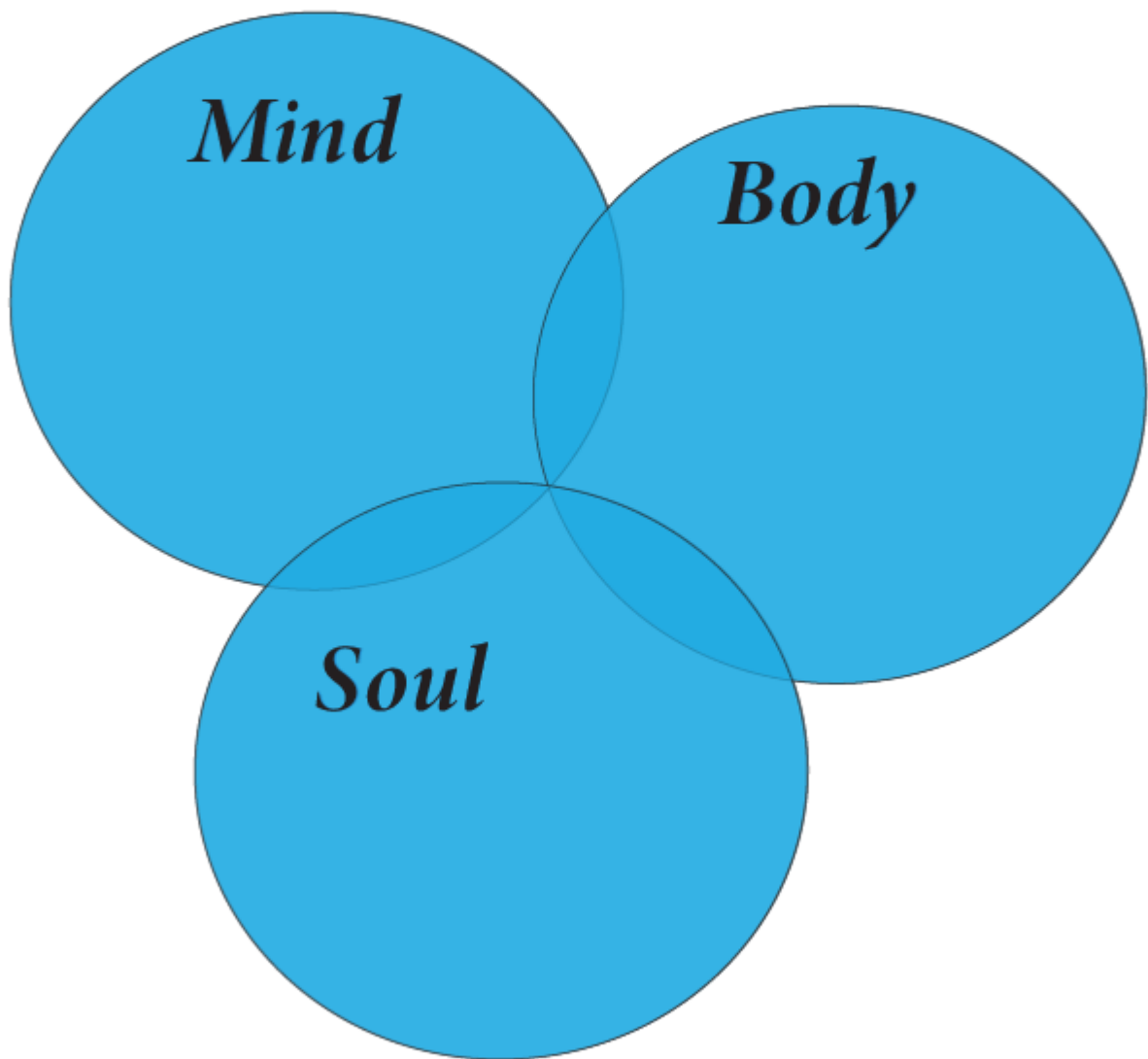
DAY: M T W T F S S

| | |
|-------------------|---------------------------------------------------------------------------------------|
| BREAKFAST: | WORKOUTS |
| | |
| CALORIES: | |
| LUNCH: | STEP COUNT: |
| | CALORIES: |
| | BRUNT: |
| CALORIES: | WATER INTAKE |
| DINNER: |  |
| | MOOD |
| CALORIES: |  |
| SNACKS: | NOTES |
| | |
| CALORIES: | |



Thought Recorder

Gifts to Myself





Thought Recorder

I Love Myself Because _____

I Embrace Myself Because _____

I Forgive Myself Because _____

Daily
Gratitude:

Daily
Accomplishment
Goals

Weekly
Accomplishment
Goals

I Celebrate
Myself For:

I challenge
Myself To:

I Clam
Myself By:





Thought Recorder

FOOD DIARY

DATE: _____

DAY: M T W T F S S

| | |
|-------------------|---------------------------------------------------------------------------------------|
| BREAKFAST: | WORKOUTS |
| | |
| CALORIES: | |
| LUNCH: | STEP COUNT: |
| | CALORIES: |
| | BRUNT: |
| | WATER INTAKE |
| CALORIES: |  |
| DINNER: | MOOD |
| |  |
| CALORIES: | |
| SNACKS: | NOTES |
| | |
| CALORIES: | |



Thought Recorder

Monthly Goal Setting:

Large empty blue box for monthly goal setting.

Weekly Goal Setting:

Week 1

Week 2

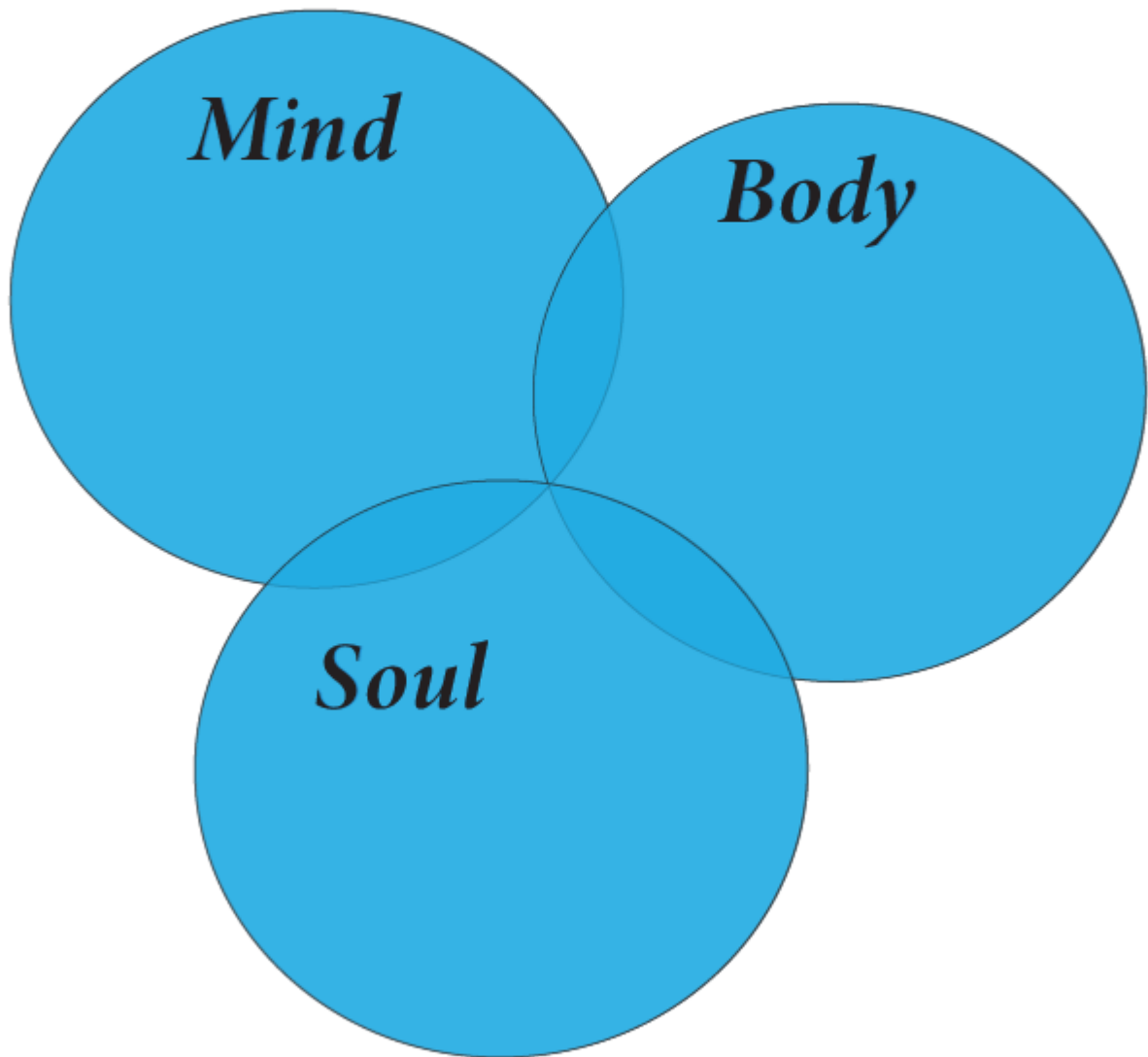
Week 3

Week 4



Thought Recorder

Gifts to Myself





Thought Recorder

I Love Myself Because _____

I Embrace Myself Because _____

I Forgive Myself Because _____

Daily
Gratitude:

Daily
Accomplishment
Goals

Weekly
Accomplishment
Goals

I Celebrate
Myself For:

I challenge
Myself To:

I Clam
Myself By:





Thought Recorder

FOOD DIARY

DATE: _____

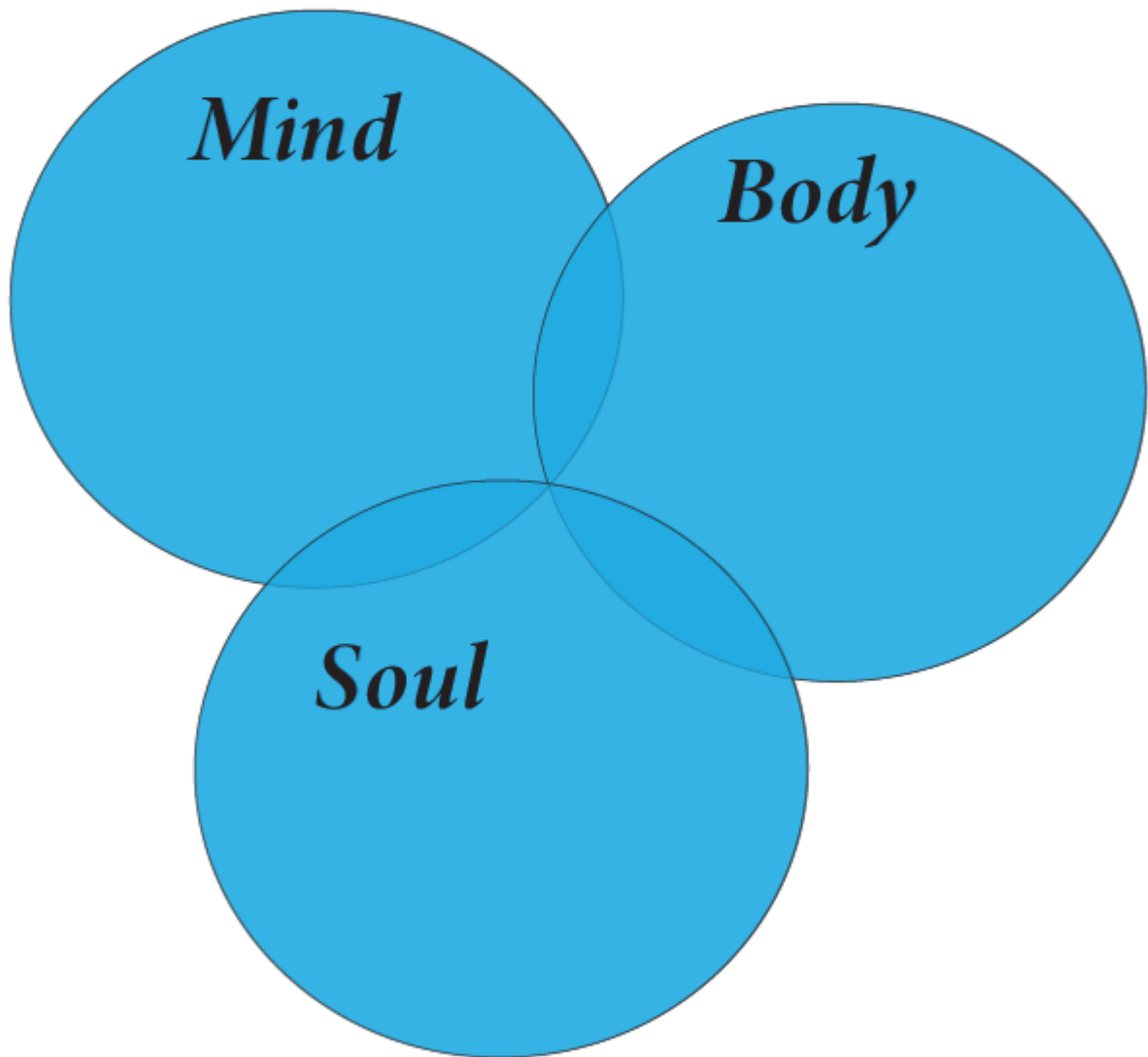
DAY: M T W T F S S

| | |
|-------------------|---------------------------------------------------------------------------------------|
| BREAKFAST: | WORKOUTS |
| | |
| CALORIES: | |
| LUNCH: | STEP COUNT: |
| | CALORIES: |
| | BRUNT: |
| CALORIES: | WATER INTAKE |
| DINNER: |  |
| | MOOD |
| CALORIES: |  |
| SNACKS: | NOTES |
| | |
| CALORIES: | |



Thought Recorder

Gifts to Myself





Thought Recorder

I Love Myself Because _____

I Embrace Myself Because _____

I Forgive Myself Because _____

Daily
Gratitude:

Daily
Accomplishment
Goals

Weekly
Accomplishment
Goals

I Celebrate
Myself For:

I challenge
Myself To:

I Clam
Myself By:





Thought Recorder

FOOD DIARY

DATE: _____

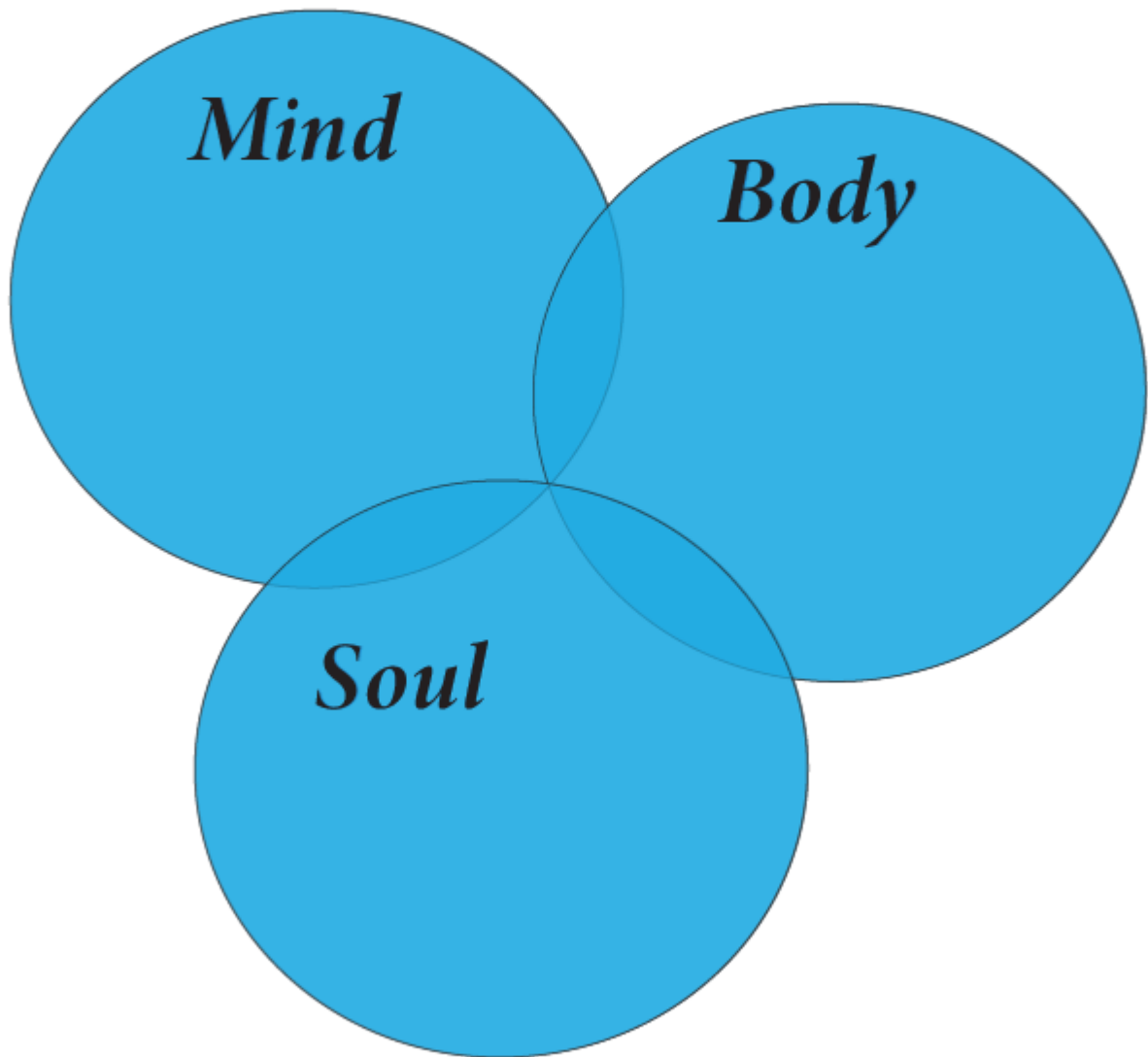
DAY: M T W T F S S

| | |
|-------------------|---------------------------------------------------------------------------------------|
| BREAKFAST: | WORKOUTS |
| | |
| CALORIES: | |
| LUNCH: | STEP COUNT: |
| | CALORIES: |
| | BRUNT: |
| CALORIES: | WATER INTAKE |
| DINNER: |  |
| | MOOD |
| CALORIES: |  |
| SNACKS: | NOTES |
| | |
| CALORIES: | |



Thought Recorder

Gifts to Myself





Thought Recorder

I Love Myself Because _____

I Embrace Myself Because _____

I Forgive Myself Because _____

Daily
Gratitude:

Daily
Accomplishment
Goals

Weekly
Accomplishment
Goals

I Celebrate
Myself For:

I challenge
Myself To:

I Clam
Myself By:





Thought Recorder

FOOD DIARY

DATE: _____

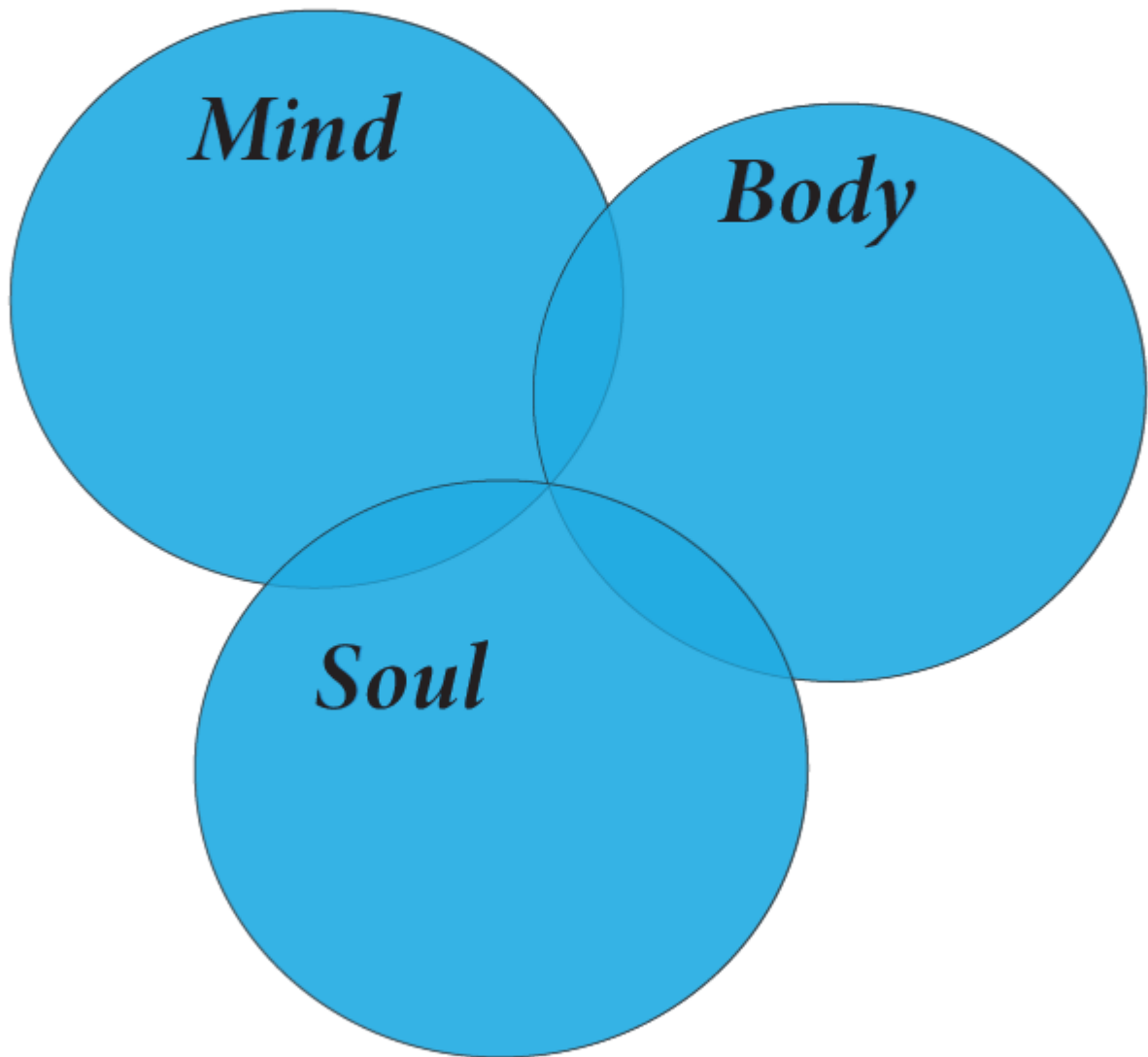
DAY: M T W T F S S

| | |
|-------------------|---------------------------------------------------------------------------------------|
| BREAKFAST: | WORKOUTS |
| | |
| CALORIES: | |
| LUNCH: | STEP COUNT: |
| | CALORIES: |
| | BRUNT: |
| | WATER INTAKE |
| CALORIES: |  |
| DINNER: | MOOD |
| |  |
| CALORIES: | |
| SNACKS: | NOTES |
| | |
| CALORIES: | |



Thought Recorder

Gifts to Myself





Thought Recorder

I Love Myself Because _____

I Embrace Myself Because _____

I Forgive Myself Because _____

Daily
Gratitude:

Daily
Accomplishment
Goals

Weekly
Accomplishment
Goals

I Celebrate
Myself For:

I challenge
Myself To:

I Clam
Myself By:





Thought Recorder

FOOD DIARY

DATE: _____

DAY: M T W T F S S

| | |
|-------------------|---------------------------------------------------------------------------------------|
| BREAKFAST: | WORKOUTS |
| | |
| CALORIES: | |
| LUNCH: | STEP COUNT: |
| | CALORIES: |
| | BRUNT: |
| CALORIES: | WATER INTAKE |
| DINNER: |  |
| | MOOD |
| CALORIES: |  |
| SNACKS: | NOTES |
| CALORIES: | |