Health & Productivity Journal

welcome

this journal is a gift for those who are trying to balance their wellbeing and productivity

the structure of the journal prioritizes intention, mindset and health while integrating daily & weekly tasks and goals

do not despise these small beginnings, for the LORD rejoices to see the work begin zechariah 4:10

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end of week reflection

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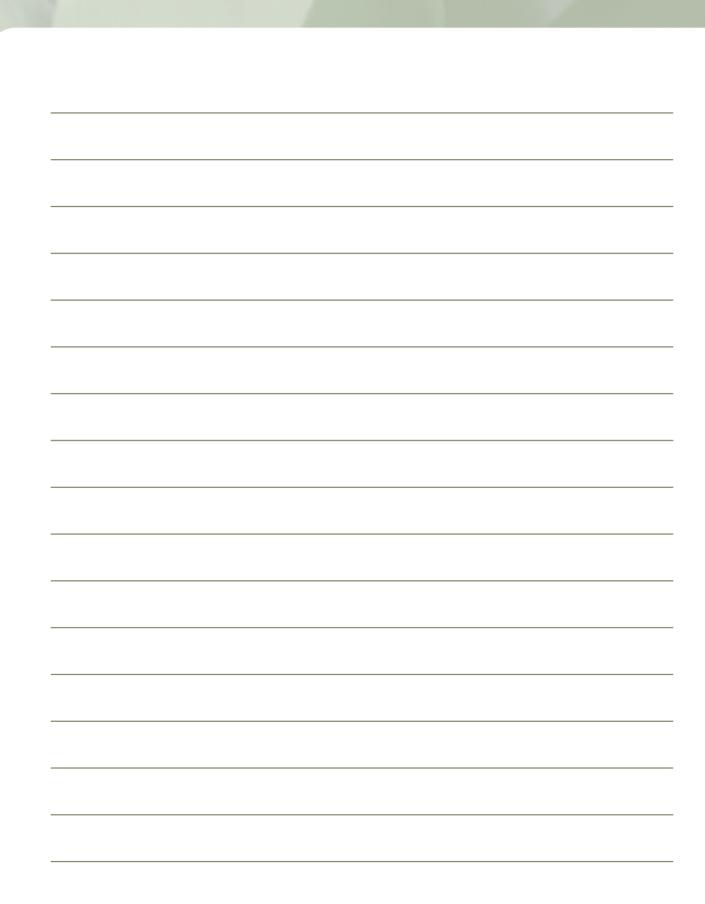
this journal was intentionally made to last 12 weeks

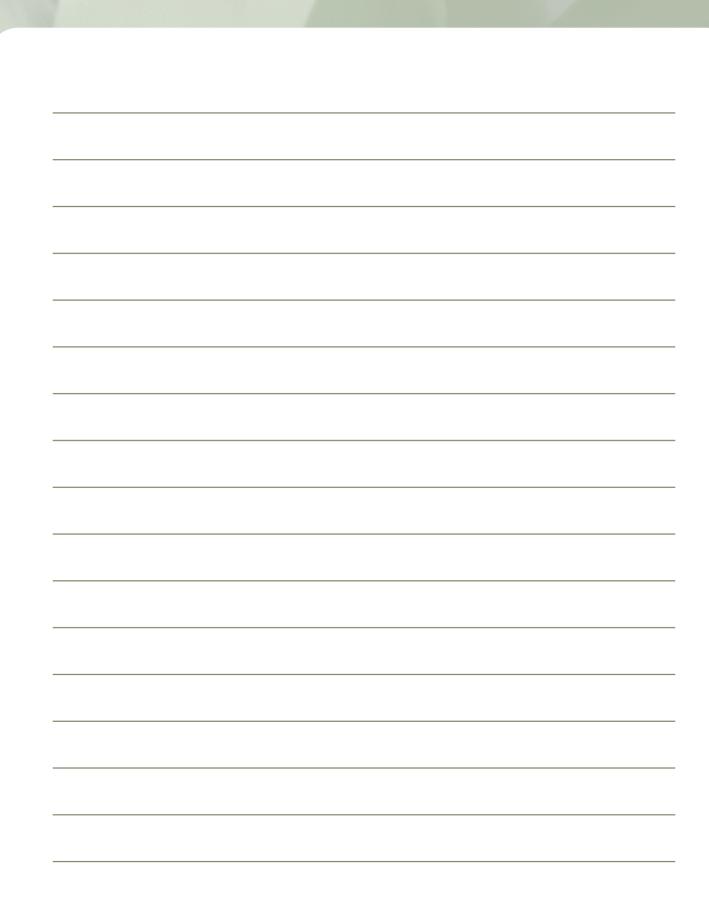
now it is time for you to reflect on where you are now compared to where you started

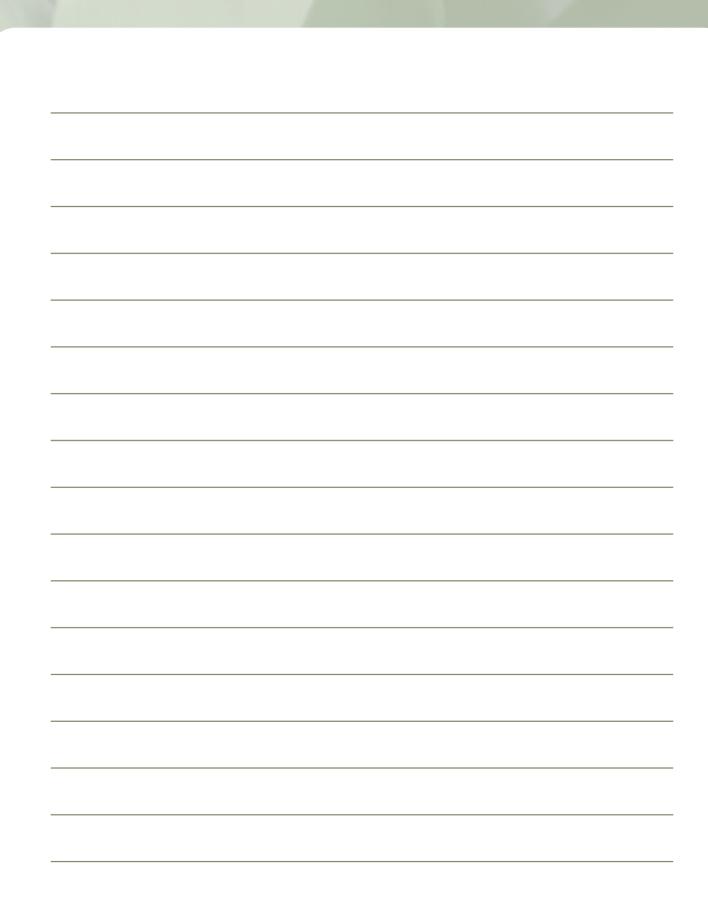
maybe it is time for you to create your own tool, try something new or download the journal again

www.kayleighogut.com

end of season reflection







visit <u>www.kayleighogut.com</u> to see more resources