

SHEA HEALS

SIX-MONTH CHALLENGE TRACKER

MONTH:

Mind _____

Body _____

Soul _____

Finances _____

WEEKLY WINS & REFLECTIONS

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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DAILY CHECK-IN _____

AFFIRMATION:

I'M GRATEFUL FOR

