



**NANiMA**

P R O J E C T

## Day 1

Rate  
your  
sleep

- 1 - Terrible:** Barely slept, woke up exhausted. (Less than 3 hours)
- 2 - Poor:** Light or interrupted sleep, felt unrefreshed. (3 - 5 hours)
- 3 - Fair:** Decent sleep, but not fully restful. (5 - 6 hours)
- 4 - Good:** Solid sleep, woke up rested but not perfect. (6 - 8 hours)
- 5 - Excellent:** Deep, uninterrupted sleep, woke up energised. (7+ hours)

Score

Rate  
your  
mood

- 1 - Very Low:** Overwhelmed, no drive, struggling to function.
- 2 - Low:** Persistent negativity, minimal effort in tasks.
- 3 - Moderate:** Feeling okay, getting by, but not thriving.
- 4 - Good:** Positive mindset, productive, managing well.
- 5 - Excellent:** Energised, happy, and tackling life with confidence.

Score

What do you want to achieved today?

What do I need to do today to achieve my goal?

Did you  
achieve  
your goal  
today?

YES

NO

If 'NO' what happened?

Rate  
your  
day

- 1 - Terrible:** Overwhelmed by negativity; constant stress or sadness dominated the day.
- 2 - Bad:** Struggled with mostly negative thoughts; moments of positivity felt fleeting or forced.
- 3 - Okay:** Balanced between ups and downs; neutral mood with occasional negative or positive thoughts.
- 4 - Good:** Felt mostly positive and mentally steady; handled stress well, with minimal negative thinking.
- 5 - Excellent:** Strong positive mindset; mental clarity, joy, and little to no negativity throughout the day.

Score

## Day 2

Rate  
your  
sleep

- 1 - **Terrible:** Barely slept, woke up exhausted. (Less than 3 hours)
- 2 - **Poor:** Light or interrupted sleep, felt unrefreshed. (3 - 5 hours)
- 3 - **Fair:** Decent sleep, but not fully restful. (5 - 6 hours)
- 4 - **Good:** Solid sleep, woke up rested but not perfect. (6 - 8 hours)
- 5 - **Excellent:** Deep, uninterrupted sleep, woke up energised. (7+ hours)

Score

Rate  
your  
mood

- 1 - **Very Low:** Overwhelmed, no drive, struggling to function.
- 2 - **Low:** Persistent negativity, minimal effort in tasks.
- 3 - **Moderate:** Feeling okay, getting by, but not thriving.
- 4 - **Good:** Positive mindset, productive, managing well.
- 5 - **Excellent:** Energised, happy, and tackling life with confidence.

Score

What do you want to achieved today?

What do I need to do today to achieve my goal?

Did you  
achieve  
your goal  
today?

YES

NO

If 'NO' what happened?

Rate  
your  
day

- 1 - **Terrible:** Overwhelmed by negativity; constant stress or sadness dominated the day.
- 2 - **Bad:** Struggled with mostly negative thoughts; moments of positivity felt fleeting or forced.
- 3 - **Okay:** Balanced between ups and downs; neutral mood with occasional negative or positive thoughts.
- 4 - **Good:** Felt mostly positive and mentally steady; handled stress well, with minimal negative thinking.
- 5 - **Excellent:** Strong positive mindset; mental clarity, joy, and little to no negativity throughout the day.

Score

## Day 3

Rate  
your  
sleep

- 1 - Terrible:** Barely slept, woke up exhausted. (Less than 3 hours)
- 2 - Poor:** Light or interrupted sleep, felt unrefreshed. (3 - 5 hours)
- 3 - Fair:** Decent sleep, but not fully restful. (5 - 6 hours)
- 4 - Good:** Solid sleep, woke up rested but not perfect. (6 - 8 hours)
- 5 - Excellent:** Deep, uninterrupted sleep, woke up energised. (7+ hours)

Score

Rate  
your  
mood

- 1 - Very Low:** Overwhelmed, no drive, struggling to function.
- 2 - Low:** Persistent negativity, minimal effort in tasks.
- 3 - Moderate:** Feeling okay, getting by, but not thriving.
- 4 - Good:** Positive mindset, productive, managing well.
- 5 - Excellent:** Energised, happy, and tackling life with confidence.

Score

What do you want to achieved today?

What do I need to do today to achieve my goal?

Did you  
achieve  
your goal  
today?

YES

NO

If 'NO' what happened?

Rate  
your  
day

- 1 - Terrible:** Overwhelmed by negativity; constant stress or sadness dominated the day.
- 2 - Bad:** Struggled with mostly negative thoughts; moments of positivity felt fleeting or forced.
- 3 - Okay:** Balanced between ups and downs; neutral mood with occasional negative or positive thoughts.
- 4 - Good:** Felt mostly positive and mentally steady; handled stress well, with minimal negative thinking.
- 5 - Excellent:** Strong positive mindset; mental clarity, joy, and little to no negativity throughout the day.

Score

## Day 4

Rate  
your  
sleep

- 1 - **Terrible:** Barely slept, woke up exhausted. (Less than 3 hours)
- 2 - **Poor:** Light or interrupted sleep, felt unrefreshed. (3 - 5 hours)
- 3 - **Fair:** Decent sleep, but not fully restful. (5 - 6 hours)
- 4 - **Good:** Solid sleep, woke up rested but not perfect. (6 - 8 hours)
- 5 - **Excellent:** Deep, uninterrupted sleep, woke up energised. (7+ hours)

Score

Rate  
your  
mood

- 1 - **Very Low:** Overwhelmed, no drive, struggling to function.
- 2 - **Low:** Persistent negativity, minimal effort in tasks.
- 3 - **Moderate:** Feeling okay, getting by, but not thriving.
- 4 - **Good:** Positive mindset, productive, managing well.
- 5 - **Excellent:** Energised, happy, and tackling life with confidence.

Score

What do you want to achieved today?

What do I need to do today to achieve my goal?

Did you  
achieve  
your goal  
today?

YES

NO

If 'NO' what happened?

Rate  
your  
day

- 1 - **Terrible:** Overwhelmed by negativity; constant stress or sadness dominated the day.
- 2 - **Bad:** Struggled with mostly negative thoughts; moments of positivity felt fleeting or forced.
- 3 - **Okay:** Balanced between ups and downs; neutral mood with occasional negative or positive thoughts.
- 4 - **Good:** Felt mostly positive and mentally steady; handled stress well, with minimal negative thinking.
- 5 - **Excellent:** Strong positive mindset; mental clarity, joy, and little to no negativity throughout the day.

Score

## Day 5

Rate  
your  
sleep

- 1 - Terrible:** Barely slept, woke up exhausted. (Less than 3 hours)
- 2 - Poor:** Light or interrupted sleep, felt unrefreshed. (3 - 5 hours)
- 3 - Fair:** Decent sleep, but not fully restful. (5 - 6 hours)
- 4 - Good:** Solid sleep, woke up rested but not perfect. (6 - 8 hours)
- 5 - Excellent:** Deep, uninterrupted sleep, woke up energised. (7+ hours)

Score

Rate  
your  
mood

- 1 - Very Low:** Overwhelmed, no drive, struggling to function.
- 2 - Low:** Persistent negativity, minimal effort in tasks.
- 3 - Moderate:** Feeling okay, getting by, but not thriving.
- 4 - Good:** Positive mindset, productive, managing well.
- 5 - Excellent:** Energised, happy, and tackling life with confidence.

Score

What do you want to achieved today?

What do I need to do today to achieve my goal?

Did you  
achieve  
your goal  
today?

YES

NO

If 'NO' what happened?

Rate  
your  
day

- 1 - Terrible:** Overwhelmed by negativity; constant stress or sadness dominated the day.
- 2 - Bad:** Struggled with mostly negative thoughts; moments of positivity felt fleeting or forced.
- 3 - Okay:** Balanced between ups and downs; neutral mood with occasional negative or positive thoughts.
- 4 - Good:** Felt mostly positive and mentally steady; handled stress well, with minimal negative thinking.
- 5 - Excellent:** Strong positive mindset; mental clarity, joy, and little to no negativity throughout the day.

Score

## Day 6

Rate  
your  
sleep

- 1 - Terrible:** Barely slept, woke up exhausted. (Less than 3 hours)
- 2 - Poor:** Light or interrupted sleep, felt unrefreshed. (3 - 5 hours)
- 3 - Fair:** Decent sleep, but not fully restful. (5 - 6 hours)
- 4 - Good:** Solid sleep, woke up rested but not perfect. (6 - 8 hours)
- 5 - Excellent:** Deep, uninterrupted sleep, woke up energised. (7+ hours)

Score

Rate  
your  
mood

- 1 - Very Low:** Overwhelmed, no drive, struggling to function.
- 2 - Low:** Persistent negativity, minimal effort in tasks.
- 3 - Moderate:** Feeling okay, getting by, but not thriving.
- 4 - Good:** Positive mindset, productive, managing well.
- 5 - Excellent:** Energised, happy, and tackling life with confidence.

Score

What do you want to achieved today?

What do I need to do today to achieve my goal?

Did you  
achieve  
your goal  
today?

YES

NO

If 'NO' what happened?

Rate  
your  
day

- 1 - Terrible:** Overwhelmed by negativity; constant stress or sadness dominated the day.
- 2 - Bad:** Struggled with mostly negative thoughts; moments of positivity felt fleeting or forced.
- 3 - Okay:** Balanced between ups and downs; neutral mood with occasional negative or positive thoughts.
- 4 - Good:** Felt mostly positive and mentally steady; handled stress well, with minimal negative thinking.
- 5 - Excellent:** Strong positive mindset; mental clarity, joy, and little to no negativity throughout the day.

Score

## Day 7

Rate  
your  
sleep

- 1 - Terrible:** Barely slept, woke up exhausted. (Less than 3 hours)
- 2 - Poor:** Light or interrupted sleep, felt unrefreshed. (3 - 5 hours)
- 3 - Fair:** Decent sleep, but not fully restful. (5 - 6 hours)
- 4 - Good:** Solid sleep, woke up rested but not perfect. (6 - 8 hours)
- 5 - Excellent:** Deep, uninterrupted sleep, woke up energised. (7+ hours)

Score

Rate  
your  
mood

- 1 - Very Low:** Overwhelmed, no drive, struggling to function.
- 2 - Low:** Persistent negativity, minimal effort in tasks.
- 3 - Moderate:** Feeling okay, getting by, but not thriving.
- 4 - Good:** Positive mindset, productive, managing well.
- 5 - Excellent:** Energised, happy, and tackling life with confidence.

Score

What do you want to achieved today?

What do I need to do today to achieve my goal?

Did you  
achieve  
your goal  
today?

YES

NO

If 'NO' what happened?

Rate  
your  
day

- 1 - Terrible:** Overwhelmed by negativity; constant stress or sadness dominated the day.
- 2 - Bad:** Struggled with mostly negative thoughts; moments of positivity felt fleeting or forced.
- 3 - Okay:** Balanced between ups and downs; neutral mood with occasional negative or positive thoughts.
- 4 - Good:** Felt mostly positive and mentally steady; handled stress well, with minimal negative thinking.
- 5 - Excellent:** Strong positive mindset; mental clarity, joy, and little to no negativity throughout the day.

Score



## Day 8

Rate  
your  
sleep

- 1 - Terrible:** Barely slept, woke up exhausted. (Less than 3 hours)
- 2 - Poor:** Light or interrupted sleep, felt unrefreshed. (3 - 5 hours)
- 3 - Fair:** Decent sleep, but not fully restful. (5 - 6 hours)
- 4 - Good:** Solid sleep, woke up rested but not perfect. (6 - 8 hours)
- 5 - Excellent:** Deep, uninterrupted sleep, woke up energised. (7+ hours)

Score

Rate  
your  
mood

- 1 - Very Low:** Overwhelmed, no drive, struggling to function.
- 2 - Low:** Persistent negativity, minimal effort in tasks.
- 3 - Moderate:** Feeling okay, getting by, but not thriving.
- 4 - Good:** Positive mindset, productive, managing well.
- 5 - Excellent:** Energised, happy, and tackling life with confidence.

Score

What do you want to achieved today?

What do I need to do today to achieve my goal?

Did you  
achieve  
your goal  
today?

YES

NO

If 'NO' what happened?

Rate  
your  
day

- 1 - Terrible:** Overwhelmed by negativity; constant stress or sadness dominated the day.
- 2 - Bad:** Struggled with mostly negative thoughts; moments of positivity felt fleeting or forced.
- 3 - Okay:** Balanced between ups and downs; neutral mood with occasional negative or positive thoughts.
- 4 - Good:** Felt mostly positive and mentally steady; handled stress well, with minimal negative thinking.
- 5 - Excellent:** Strong positive mindset; mental clarity, joy, and little to no negativity throughout the day.

Score

## Day 9

Rate  
your  
sleep

- 1 - Terrible:** Barely slept, woke up exhausted. (Less than 3 hours)
- 2 - Poor:** Light or interrupted sleep, felt unrefreshed. (3 - 5 hours)
- 3 - Fair:** Decent sleep, but not fully restful. (5 - 6 hours)
- 4 - Good:** Solid sleep, woke up rested but not perfect. (6 - 8 hours)
- 5 - Excellent:** Deep, uninterrupted sleep, woke up energised. (7+ hours)

Score

Rate  
your  
mood

- 1 - Very Low:** Overwhelmed, no drive, struggling to function.
- 2 - Low:** Persistent negativity, minimal effort in tasks.
- 3 - Moderate:** Feeling okay, getting by, but not thriving.
- 4 - Good:** Positive mindset, productive, managing well.
- 5 - Excellent:** Energised, happy, and tackling life with confidence.

Score

What do you want to achieved today?

What do I need to do today to achieve my goal?

Did you  
achieve  
your goal  
today?

YES

NO

If 'NO' what happened?

Rate  
your  
day

- 1 - Terrible:** Overwhelmed by negativity; constant stress or sadness dominated the day.
- 2 - Bad:** Struggled with mostly negative thoughts; moments of positivity felt fleeting or forced.
- 3 - Okay:** Balanced between ups and downs; neutral mood with occasional negative or positive thoughts.
- 4 - Good:** Felt mostly positive and mentally steady; handled stress well, with minimal negative thinking.
- 5 - Excellent:** Strong positive mindset; mental clarity, joy, and little to no negativity throughout the day.

Score

## Day 10

Rate  
your  
sleep

- 1 - Terrible:** Barely slept, woke up exhausted. (Less than 3 hours)
- 2 - Poor:** Light or interrupted sleep, felt unrefreshed. (3 - 5 hours)
- 3 - Fair:** Decent sleep, but not fully restful. (5 - 6 hours)
- 4 - Good:** Solid sleep, woke up rested but not perfect. (6 - 8 hours)
- 5 - Excellent:** Deep, uninterrupted sleep, woke up energised. (7+ hours)

Score

Rate  
your  
mood

- 1 - Very Low:** Overwhelmed, no drive, struggling to function.
- 2 - Low:** Persistent negativity, minimal effort in tasks.
- 3 - Moderate:** Feeling okay, getting by, but not thriving.
- 4 - Good:** Positive mindset, productive, managing well.
- 5 - Excellent:** Energised, happy, and tackling life with confidence.

Score

What do you want to achieved today?

What do I need to do today to achieve my goal?

Did you  
achieve  
your goal  
today?

YES

NO

If 'NO' what happened?

Rate  
your  
day

- 1 - Terrible:** Overwhelmed by negativity; constant stress or sadness dominated the day.
- 2 - Bad:** Struggled with mostly negative thoughts; moments of positivity felt fleeting or forced.
- 3 - Okay:** Balanced between ups and downs; neutral mood with occasional negative or positive thoughts.
- 4 - Good:** Felt mostly positive and mentally steady; handled stress well, with minimal negative thinking.
- 5 - Excellent:** Strong positive mindset; mental clarity, joy, and little to no negativity throughout the day.

Score

## Day 11

Rate  
your  
sleep

- 1 - Terrible:** Barely slept, woke up exhausted. (Less than 3 hours)
- 2 - Poor:** Light or interrupted sleep, felt unrefreshed. (3 - 5 hours)
- 3 - Fair:** Decent sleep, but not fully restful. (5 - 6 hours)
- 4 - Good:** Solid sleep, woke up rested but not perfect. (6 - 8 hours)
- 5 - Excellent:** Deep, uninterrupted sleep, woke up energised. (7+ hours)

Score

Rate  
your  
mood

- 1 - Very Low:** Overwhelmed, no drive, struggling to function.
- 2 - Low:** Persistent negativity, minimal effort in tasks.
- 3 - Moderate:** Feeling okay, getting by, but not thriving.
- 4 - Good:** Positive mindset, productive, managing well.
- 5 - Excellent:** Energised, happy, and tackling life with confidence.

Score

What do you want to achieved today?

What do I need to do today to achieve my goal?

Did you  
achieve  
your goal  
today?

YES

NO

If 'NO' what happened?

Rate  
your  
day

- 1 - Terrible:** Overwhelmed by negativity; constant stress or sadness dominated the day.
- 2 - Bad:** Struggled with mostly negative thoughts; moments of positivity felt fleeting or forced.
- 3 - Okay:** Balanced between ups and downs; neutral mood with occasional negative or positive thoughts.
- 4 - Good:** Felt mostly positive and mentally steady; handled stress well, with minimal negative thinking.
- 5 - Excellent:** Strong positive mindset; mental clarity, joy, and little to no negativity throughout the day.

Score

## Day 12

Rate  
your  
sleep

- 1 - Terrible:** Barely slept, woke up exhausted. (Less than 3 hours)
- 2 - Poor:** Light or interrupted sleep, felt unrefreshed. (3 - 5 hours)
- 3 - Fair:** Decent sleep, but not fully restful. (5 - 6 hours)
- 4 - Good:** Solid sleep, woke up rested but not perfect. (6 - 8 hours)
- 5 - Excellent:** Deep, uninterrupted sleep, woke up energised. (7+ hours)

Score

Rate  
your  
mood

- 1 - Very Low:** Overwhelmed, no drive, struggling to function.
- 2 - Low:** Persistent negativity, minimal effort in tasks.
- 3 - Moderate:** Feeling okay, getting by, but not thriving.
- 4 - Good:** Positive mindset, productive, managing well.
- 5 - Excellent:** Energised, happy, and tackling life with confidence.

Score

What do you want to achieved today?

What do I need to do today to achieve my goal?

Did you  
achieve  
your goal  
today?

YES

NO

If 'NO' what happened?

Rate  
your  
day

- 1 - Terrible:** Overwhelmed by negativity; constant stress or sadness dominated the day.
- 2 - Bad:** Struggled with mostly negative thoughts; moments of positivity felt fleeting or forced.
- 3 - Okay:** Balanced between ups and downs; neutral mood with occasional negative or positive thoughts.
- 4 - Good:** Felt mostly positive and mentally steady; handled stress well, with minimal negative thinking.
- 5 - Excellent:** Strong positive mindset; mental clarity, joy, and little to no negativity throughout the day.

Score

## Day 13

Rate  
your  
sleep

- 1 - Terrible:** Barely slept, woke up exhausted. (Less than 3 hours)
- 2 - Poor:** Light or interrupted sleep, felt unrefreshed. (3 - 5 hours)
- 3 - Fair:** Decent sleep, but not fully restful. (5 - 6 hours)
- 4 - Good:** Solid sleep, woke up rested but not perfect. (6 - 8 hours)
- 5 - Excellent:** Deep, uninterrupted sleep, woke up energised. (7+ hours)

Score

Rate  
your  
mood

- 1 - Very Low:** Overwhelmed, no drive, struggling to function.
- 2 - Low:** Persistent negativity, minimal effort in tasks.
- 3 - Moderate:** Feeling okay, getting by, but not thriving.
- 4 - Good:** Positive mindset, productive, managing well.
- 5 - Excellent:** Energised, happy, and tackling life with confidence.

Score

What do you want to achieved today?

What do I need to do today to achieve my goal?

Did you  
achieve  
your goal  
today?

YES

NO

If 'NO' what happened?

Rate  
your  
day

- 1 - Terrible:** Overwhelmed by negativity; constant stress or sadness dominated the day.
- 2 - Bad:** Struggled with mostly negative thoughts; moments of positivity felt fleeting or forced.
- 3 - Okay:** Balanced between ups and downs; neutral mood with occasional negative or positive thoughts.
- 4 - Good:** Felt mostly positive and mentally steady; handled stress well, with minimal negative thinking.
- 5 - Excellent:** Strong positive mindset; mental clarity, joy, and little to no negativity throughout the day.

Score

## Day 14

Rate  
your  
sleep

- 1 - Terrible:** Barely slept, woke up exhausted. (Less than 3 hours)
- 2 - Poor:** Light or interrupted sleep, felt unrefreshed. (3 - 5 hours)
- 3 - Fair:** Decent sleep, but not fully restful. (5 - 6 hours)
- 4 - Good:** Solid sleep, woke up rested but not perfect. (6 - 8 hours)
- 5 - Excellent:** Deep, uninterrupted sleep, woke up energised. (7+ hours)

Score

Rate  
your  
mood

- 1 - Very Low:** Overwhelmed, no drive, struggling to function.
- 2 - Low:** Persistent negativity, minimal effort in tasks.
- 3 - Moderate:** Feeling okay, getting by, but not thriving.
- 4 - Good:** Positive mindset, productive, managing well.
- 5 - Excellent:** Energised, happy, and tackling life with confidence.

Score

What do you want to achieved today?

What do I need to do today to achieve my goal?

Did you  
achieve  
your goal  
today?

YES

NO

If 'NO' what happened?

Rate  
your  
day

- 1 - Terrible:** Overwhelmed by negativity; constant stress or sadness dominated the day.
- 2 - Bad:** Struggled with mostly negative thoughts; moments of positivity felt fleeting or forced.
- 3 - Okay:** Balanced between ups and downs; neutral mood with occasional negative or positive thoughts.
- 4 - Good:** Felt mostly positive and mentally steady; handled stress well, with minimal negative thinking.
- 5 - Excellent:** Strong positive mindset; mental clarity, joy, and little to no negativity throughout the day.

Score

## Day 15

Rate  
your  
sleep

- 1 - Terrible:** Barely slept, woke up exhausted. (Less than 3 hours)
- 2 - Poor:** Light or interrupted sleep, felt unrefreshed. (3 - 5 hours)
- 3 - Fair:** Decent sleep, but not fully restful. (5 - 6 hours)
- 4 - Good:** Solid sleep, woke up rested but not perfect. (6 - 8 hours)
- 5 - Excellent:** Deep, uninterrupted sleep, woke up energised. (7+ hours)

Score

Rate  
your  
mood

- 1 - Very Low:** Overwhelmed, no drive, struggling to function.
- 2 - Low:** Persistent negativity, minimal effort in tasks.
- 3 - Moderate:** Feeling okay, getting by, but not thriving.
- 4 - Good:** Positive mindset, productive, managing well.
- 5 - Excellent:** Energised, happy, and tackling life with confidence.

Score

What do you want to achieved today?

What do I need to do today to achieve my goal?

Did you  
achieve  
your goal  
today?

YES

NO

If 'NO' what happened?

Rate  
your  
day

- 1 - Terrible:** Overwhelmed by negativity; constant stress or sadness dominated the day.
- 2 - Bad:** Struggled with mostly negative thoughts; moments of positivity felt fleeting or forced.
- 3 - Okay:** Balanced between ups and downs; neutral mood with occasional negative or positive thoughts.
- 4 - Good:** Felt mostly positive and mentally steady; handled stress well, with minimal negative thinking.
- 5 - Excellent:** Strong positive mindset; mental clarity, joy, and little to no negativity throughout the day.

Score



## Day 16

Rate  
your  
sleep

- 1 - Terrible:** Barely slept, woke up exhausted. (Less than 3 hours)
- 2 - Poor:** Light or interrupted sleep, felt unrefreshed. (3 - 5 hours)
- 3 - Fair:** Decent sleep, but not fully restful. (5 - 6 hours)
- 4 - Good:** Solid sleep, woke up rested but not perfect. (6 - 8 hours)
- 5 - Excellent:** Deep, uninterrupted sleep, woke up energised. (7+ hours)

Score

Rate  
your  
mood

- 1 - Very Low:** Overwhelmed, no drive, struggling to function.
- 2 - Low:** Persistent negativity, minimal effort in tasks.
- 3 - Moderate:** Feeling okay, getting by, but not thriving.
- 4 - Good:** Positive mindset, productive, managing well.
- 5 - Excellent:** Energised, happy, and tackling life with confidence.

Score

What do you want to achieved today?

What do I need to do today to achieve my goal?

Did you  
achieve  
your goal  
today?

YES

NO

If 'NO' what happened?

Rate  
your  
day

- 1 - Terrible:** Overwhelmed by negativity; constant stress or sadness dominated the day.
- 2 - Bad:** Struggled with mostly negative thoughts; moments of positivity felt fleeting or forced.
- 3 - Okay:** Balanced between ups and downs; neutral mood with occasional negative or positive thoughts.
- 4 - Good:** Felt mostly positive and mentally steady; handled stress well, with minimal negative thinking.
- 5 - Excellent:** Strong positive mindset; mental clarity, joy, and little to no negativity throughout the day.

Score

## Day 17

Rate  
your  
sleep

- 1 - Terrible:** Barely slept, woke up exhausted. (Less than 3 hours)
- 2 - Poor:** Light or interrupted sleep, felt unrefreshed. (3 - 5 hours)
- 3 - Fair:** Decent sleep, but not fully restful. (5 - 6 hours)
- 4 - Good:** Solid sleep, woke up rested but not perfect. (6 - 8 hours)
- 5 - Excellent:** Deep, uninterrupted sleep, woke up energised. (7+ hours)

Score

Rate  
your  
mood

- 1 - Very Low:** Overwhelmed, no drive, struggling to function.
- 2 - Low:** Persistent negativity, minimal effort in tasks.
- 3 - Moderate:** Feeling okay, getting by, but not thriving.
- 4 - Good:** Positive mindset, productive, managing well.
- 5 - Excellent:** Energised, happy, and tackling life with confidence.

Score

What do you want to achieved today?

What do I need to do today to achieve my goal?

Did you  
achieve  
your goal  
today?

YES

NO

If 'NO' what happened?

Rate  
your  
day

- 1 - Terrible:** Overwhelmed by negativity; constant stress or sadness dominated the day.
- 2 - Bad:** Struggled with mostly negative thoughts; moments of positivity felt fleeting or forced.
- 3 - Okay:** Balanced between ups and downs; neutral mood with occasional negative or positive thoughts.
- 4 - Good:** Felt mostly positive and mentally steady; handled stress well, with minimal negative thinking.
- 5 - Excellent:** Strong positive mindset; mental clarity, joy, and little to no negativity throughout the day.

Score

## Day 18

Rate  
your  
sleep

- 1 - Terrible:** Barely slept, woke up exhausted. (Less than 3 hours)
- 2 - Poor:** Light or interrupted sleep, felt unrefreshed. (3 - 5 hours)
- 3 - Fair:** Decent sleep, but not fully restful. (5 - 6 hours)
- 4 - Good:** Solid sleep, woke up rested but not perfect. (6 - 8 hours)
- 5 - Excellent:** Deep, uninterrupted sleep, woke up energised. (7+ hours)

Score

Rate  
your  
mood

- 1 - Very Low:** Overwhelmed, no drive, struggling to function.
- 2 - Low:** Persistent negativity, minimal effort in tasks.
- 3 - Moderate:** Feeling okay, getting by, but not thriving.
- 4 - Good:** Positive mindset, productive, managing well.
- 5 - Excellent:** Energised, happy, and tackling life with confidence.

Score

What do you want to achieved today?

What do I need to do today to achieve my goal?

Did you  
achieve  
your goal  
today?

YES

NO

If 'NO' what happened?

Rate  
your  
day

- 1 - Terrible:** Overwhelmed by negativity; constant stress or sadness dominated the day.
- 2 - Bad:** Struggled with mostly negative thoughts; moments of positivity felt fleeting or forced.
- 3 - Okay:** Balanced between ups and downs; neutral mood with occasional negative or positive thoughts.
- 4 - Good:** Felt mostly positive and mentally steady; handled stress well, with minimal negative thinking.
- 5 - Excellent:** Strong positive mindset; mental clarity, joy, and little to no negativity throughout the day.

Score

## Day 19

Rate  
your  
sleep

- 1 - Terrible:** Barely slept, woke up exhausted. (Less than 3 hours)
- 2 - Poor:** Light or interrupted sleep, felt unrefreshed. (3 - 5 hours)
- 3 - Fair:** Decent sleep, but not fully restful. (5 - 6 hours)
- 4 - Good:** Solid sleep, woke up rested but not perfect. (6 - 8 hours)
- 5 - Excellent:** Deep, uninterrupted sleep, woke up energised. (7+ hours)

Score

Rate  
your  
mood

- 1 - Very Low:** Overwhelmed, no drive, struggling to function.
- 2 - Low:** Persistent negativity, minimal effort in tasks.
- 3 - Moderate:** Feeling okay, getting by, but not thriving.
- 4 - Good:** Positive mindset, productive, managing well.
- 5 - Excellent:** Energised, happy, and tackling life with confidence.

Score

What do you want to achieved today?

What do I need to do today to achieve my goal?

Did you  
achieve  
your goal  
today?

YES

NO

If 'NO' what happened?

Rate  
your  
day

- 1 - Terrible:** Overwhelmed by negativity; constant stress or sadness dominated the day.
- 2 - Bad:** Struggled with mostly negative thoughts; moments of positivity felt fleeting or forced.
- 3 - Okay:** Balanced between ups and downs; neutral mood with occasional negative or positive thoughts.
- 4 - Good:** Felt mostly positive and mentally steady; handled stress well, with minimal negative thinking.
- 5 - Excellent:** Strong positive mindset; mental clarity, joy, and little to no negativity throughout the day.

Score

## Day 20

Rate  
your  
sleep

- 1 - Terrible:** Barely slept, woke up exhausted. (Less than 3 hours)
- 2 - Poor:** Light or interrupted sleep, felt unrefreshed. (3 - 5 hours)
- 3 - Fair:** Decent sleep, but not fully restful. (5 - 6 hours)
- 4 - Good:** Solid sleep, woke up rested but not perfect. (6 - 8 hours)
- 5 - Excellent:** Deep, uninterrupted sleep, woke up energised. (7+ hours)

Score

Rate  
your  
mood

- 1 - Very Low:** Overwhelmed, no drive, struggling to function.
- 2 - Low:** Persistent negativity, minimal effort in tasks.
- 3 - Moderate:** Feeling okay, getting by, but not thriving.
- 4 - Good:** Positive mindset, productive, managing well.
- 5 - Excellent:** Energised, happy, and tackling life with confidence.

Score

What do you want to achieved today?

What do I need to do today to achieve my goal?

Did you  
achieve  
your goal  
today?

YES

NO

If 'NO' what happened?

Rate  
your  
day

- 1 - Terrible:** Overwhelmed by negativity; constant stress or sadness dominated the day.
- 2 - Bad:** Struggled with mostly negative thoughts; moments of positivity felt fleeting or forced.
- 3 - Okay:** Balanced between ups and downs; neutral mood with occasional negative or positive thoughts.
- 4 - Good:** Felt mostly positive and mentally steady; handled stress well, with minimal negative thinking.
- 5 - Excellent:** Strong positive mindset; mental clarity, joy, and little to no negativity throughout the day.

Score

## Day 21

Rate  
your  
sleep

- 1 - **Terrible:** Barely slept, woke up exhausted. (Less than 3 hours)
- 2 - **Poor:** Light or interrupted sleep, felt unrefreshed. (3 - 5 hours)
- 3 - **Fair:** Decent sleep, but not fully restful. (5 - 6 hours)
- 4 - **Good:** Solid sleep, woke up rested but not perfect. (6 - 8 hours)
- 5 - **Excellent:** Deep, uninterrupted sleep, woke up energised. (7+ hours)

Score

Rate  
your  
mood

- 1 - **Very Low:** Overwhelmed, no drive, struggling to function.
- 2 - **Low:** Persistent negativity, minimal effort in tasks.
- 3 - **Moderate:** Feeling okay, getting by, but not thriving.
- 4 - **Good:** Positive mindset, productive, managing well.
- 5 - **Excellent:** Energised, happy, and tackling life with confidence.

Score

What do you want to achieved today?

What do I need to do today to achieve my goal?

Did you  
achieve  
your goal  
today?

YES

NO

If 'NO' what happened?

Rate  
your  
day

- 1 - **Terrible:** Overwhelmed by negativity; constant stress or sadness dominated the day.
- 2 - **Bad:** Struggled with mostly negative thoughts; moments of positivity felt fleeting or forced.
- 3 - **Okay:** Balanced between ups and downs; neutral mood with occasional negative or positive thoughts.
- 4 - **Good:** Felt mostly positive and mentally steady; handled stress well, with minimal negative thinking.
- 5 - **Excellent:** Strong positive mindset; mental clarity, joy, and little to no negativity throughout the day.

Score

## Day 22

Rate  
your  
sleep

- 1 - **Terrible:** Barely slept, woke up exhausted. (Less than 3 hours)
- 2 - **Poor:** Light or interrupted sleep, felt unrefreshed. (3 - 5 hours)
- 3 - **Fair:** Decent sleep, but not fully restful. (5 - 6 hours)
- 4 - **Good:** Solid sleep, woke up rested but not perfect. (6 - 8 hours)
- 5 - **Excellent:** Deep, uninterrupted sleep, woke up energised. (7+ hours)

Score

Rate  
your  
mood

- 1 - **Very Low:** Overwhelmed, no drive, struggling to function.
- 2 - **Low:** Persistent negativity, minimal effort in tasks.
- 3 - **Moderate:** Feeling okay, getting by, but not thriving.
- 4 - **Good:** Positive mindset, productive, managing well.
- 5 - **Excellent:** Energised, happy, and tackling life with confidence.

Score

What do you want to achieved today?

What do I need to do today to achieve my goal?

Did you  
achieve  
your goal  
today?

YES

NO

If 'NO' what happened?

Rate  
your  
day

- 1 - **Terrible:** Overwhelmed by negativity; constant stress or sadness dominated the day.
- 2 - **Bad:** Struggled with mostly negative thoughts; moments of positivity felt fleeting or forced.
- 3 - **Okay:** Balanced between ups and downs; neutral mood with occasional negative or positive thoughts.
- 4 - **Good:** Felt mostly positive and mentally steady; handled stress well, with minimal negative thinking.
- 5 - **Excellent:** Strong positive mindset; mental clarity, joy, and little to no negativity throughout the day.

Score

## Day 23

Rate  
your  
sleep

- 1 - **Terrible:** Barely slept, woke up exhausted. (Less than 3 hours)
- 2 - **Poor:** Light or interrupted sleep, felt unrefreshed. (3 - 5 hours)
- 3 - **Fair:** Decent sleep, but not fully restful. (5 - 6 hours)
- 4 - **Good:** Solid sleep, woke up rested but not perfect. (6 - 8 hours)
- 5 - **Excellent:** Deep, uninterrupted sleep, woke up energised. (7+ hours)

Score

Rate  
your  
mood

- 1 - **Very Low:** Overwhelmed, no drive, struggling to function.
- 2 - **Low:** Persistent negativity, minimal effort in tasks.
- 3 - **Moderate:** Feeling okay, getting by, but not thriving.
- 4 - **Good:** Positive mindset, productive, managing well.
- 5 - **Excellent:** Energised, happy, and tackling life with confidence.

Score

What do you want to achieved today?

What do I need to do today to achieve my goal?

Did you  
achieve  
your goal  
today?

YES

NO

If 'NO' what happened?

Rate  
your  
day

- 1 - **Terrible:** Overwhelmed by negativity; constant stress or sadness dominated the day.
- 2 - **Bad:** Struggled with mostly negative thoughts; moments of positivity felt fleeting or forced.
- 3 - **Okay:** Balanced between ups and downs; neutral mood with occasional negative or positive thoughts.
- 4 - **Good:** Felt mostly positive and mentally steady; handled stress well, with minimal negative thinking.
- 5 - **Excellent:** Strong positive mindset; mental clarity, joy, and little to no negativity throughout the day.

Score



## Day 24

Rate  
your  
sleep

- 1 - Terrible:** Barely slept, woke up exhausted. (Less than 3 hours)
- 2 - Poor:** Light or interrupted sleep, felt unrefreshed. (3 - 5 hours)
- 3 - Fair:** Decent sleep, but not fully restful. (5 - 6 hours)
- 4 - Good:** Solid sleep, woke up rested but not perfect. (6 - 8 hours)
- 5 - Excellent:** Deep, uninterrupted sleep, woke up energised. (7+ hours)

Score

Rate  
your  
mood

- 1 - Very Low:** Overwhelmed, no drive, struggling to function.
- 2 - Low:** Persistent negativity, minimal effort in tasks.
- 3 - Moderate:** Feeling okay, getting by, but not thriving.
- 4 - Good:** Positive mindset, productive, managing well.
- 5 - Excellent:** Energised, happy, and tackling life with confidence.

Score

What do you want to achieved today?

What do I need to do today to achieve my goal?

Did you  
achieve  
your goal  
today?

YES

NO

If 'NO' what happened?

Rate  
your  
day

- 1 - Terrible:** Overwhelmed by negativity; constant stress or sadness dominated the day.
- 2 - Bad:** Struggled with mostly negative thoughts; moments of positivity felt fleeting or forced.
- 3 - Okay:** Balanced between ups and downs; neutral mood with occasional negative or positive thoughts.
- 4 - Good:** Felt mostly positive and mentally steady; handled stress well, with minimal negative thinking.
- 5 - Excellent:** Strong positive mindset; mental clarity, joy, and little to no negativity throughout the day.

Score

## Day 25

Rate  
your  
sleep

- 1 - **Terrible:** Barely slept, woke up exhausted. (Less than 3 hours)
- 2 - **Poor:** Light or interrupted sleep, felt unrefreshed. (3 - 5 hours)
- 3 - **Fair:** Decent sleep, but not fully restful. (5 - 6 hours)
- 4 - **Good:** Solid sleep, woke up rested but not perfect. (6 - 8 hours)
- 5 - **Excellent:** Deep, uninterrupted sleep, woke up energised. (7+ hours)

Score

Rate  
your  
mood

- 1 - **Very Low:** Overwhelmed, no drive, struggling to function.
- 2 - **Low:** Persistent negativity, minimal effort in tasks.
- 3 - **Moderate:** Feeling okay, getting by, but not thriving.
- 4 - **Good:** Positive mindset, productive, managing well.
- 5 - **Excellent:** Energised, happy, and tackling life with confidence.

Score

What do you want to achieved today?

What do I need to do today to achieve my goal?

Did you  
achieve  
your goal  
today?

YES

NO

If 'NO' what happened?

Rate  
your  
day

- 1 - **Terrible:** Overwhelmed by negativity; constant stress or sadness dominated the day.
- 2 - **Bad:** Struggled with mostly negative thoughts; moments of positivity felt fleeting or forced.
- 3 - **Okay:** Balanced between ups and downs; neutral mood with occasional negative or positive thoughts.
- 4 - **Good:** Felt mostly positive and mentally steady; handled stress well, with minimal negative thinking.
- 5 - **Excellent:** Strong positive mindset; mental clarity, joy, and little to no negativity throughout the day.

Score

## Day 26

Rate  
your  
sleep

- 1 - Terrible:** Barely slept, woke up exhausted. (Less than 3 hours)
- 2 - Poor:** Light or interrupted sleep, felt unrefreshed. (3 - 5 hours)
- 3 - Fair:** Decent sleep, but not fully restful. (5 - 6 hours)
- 4 - Good:** Solid sleep, woke up rested but not perfect. (6 - 8 hours)
- 5 - Excellent:** Deep, uninterrupted sleep, woke up energised. (7+ hours)

Score

Rate  
your  
mood

- 1 - Very Low:** Overwhelmed, no drive, struggling to function.
- 2 - Low:** Persistent negativity, minimal effort in tasks.
- 3 - Moderate:** Feeling okay, getting by, but not thriving.
- 4 - Good:** Positive mindset, productive, managing well.
- 5 - Excellent:** Energised, happy, and tackling life with confidence.

Score

What do you want to achieved today?

What do I need to do today to achieve my goal?

Did you  
achieve  
your goal  
today?

YES

NO

If 'NO' what happened?

Rate  
your  
day

- 1 - Terrible:** Overwhelmed by negativity; constant stress or sadness dominated the day.
- 2 - Bad:** Struggled with mostly negative thoughts; moments of positivity felt fleeting or forced.
- 3 - Okay:** Balanced between ups and downs; neutral mood with occasional negative or positive thoughts.
- 4 - Good:** Felt mostly positive and mentally steady; handled stress well, with minimal negative thinking.
- 5 - Excellent:** Strong positive mindset; mental clarity, joy, and little to no negativity throughout the day.

Score

## Day 27

Rate  
your  
sleep

- 1 - Terrible:** Barely slept, woke up exhausted. (Less than 3 hours)
- 2 - Poor:** Light or interrupted sleep, felt unrefreshed. (3 - 5 hours)
- 3 - Fair:** Decent sleep, but not fully restful. (5 - 6 hours)
- 4 - Good:** Solid sleep, woke up rested but not perfect. (6 - 8 hours)
- 5 - Excellent:** Deep, uninterrupted sleep, woke up energised. (7+ hours)

Score

Rate  
your  
mood

- 1 - Very Low:** Overwhelmed, no drive, struggling to function.
- 2 - Low:** Persistent negativity, minimal effort in tasks.
- 3 - Moderate:** Feeling okay, getting by, but not thriving.
- 4 - Good:** Positive mindset, productive, managing well.
- 5 - Excellent:** Energised, happy, and tackling life with confidence.

Score

What do you want to achieved today?

What do I need to do today to achieve my goal?

Did you  
achieve  
your goal  
today?

YES

NO

If 'NO' what happened?

Rate  
your  
day

- 1 - Terrible:** Overwhelmed by negativity; constant stress or sadness dominated the day.
- 2 - Bad:** Struggled with mostly negative thoughts; moments of positivity felt fleeting or forced.
- 3 - Okay:** Balanced between ups and downs; neutral mood with occasional negative or positive thoughts.
- 4 - Good:** Felt mostly positive and mentally steady; handled stress well, with minimal negative thinking.
- 5 - Excellent:** Strong positive mindset; mental clarity, joy, and little to no negativity throughout the day.

Score

## Day 28

Rate  
your  
sleep

- 1 - Terrible:** Barely slept, woke up exhausted. (Less than 3 hours)
- 2 - Poor:** Light or interrupted sleep, felt unrefreshed. (3 - 5 hours)
- 3 - Fair:** Decent sleep, but not fully restful. (5 - 6 hours)
- 4 - Good:** Solid sleep, woke up rested but not perfect. (6 - 8 hours)
- 5 - Excellent:** Deep, uninterrupted sleep, woke up energised. (7+ hours)

Score

Rate  
your  
mood

- 1 - Very Low:** Overwhelmed, no drive, struggling to function.
- 2 - Low:** Persistent negativity, minimal effort in tasks.
- 3 - Moderate:** Feeling okay, getting by, but not thriving.
- 4 - Good:** Positive mindset, productive, managing well.
- 5 - Excellent:** Energised, happy, and tackling life with confidence.

Score

What do you want to achieved today?

What do I need to do today to achieve my goal?

Did you  
achieve  
your goal  
today?

YES

NO

If 'NO' what happened?

Rate  
your  
day

- 1 - Terrible:** Overwhelmed by negativity; constant stress or sadness dominated the day.
- 2 - Bad:** Struggled with mostly negative thoughts; moments of positivity felt fleeting or forced.
- 3 - Okay:** Balanced between ups and downs; neutral mood with occasional negative or positive thoughts.
- 4 - Good:** Felt mostly positive and mentally steady; handled stress well, with minimal negative thinking.
- 5 - Excellent:** Strong positive mindset; mental clarity, joy, and little to no negativity throughout the day.

Score

## Day 29

Rate  
your  
sleep

- 1 - Terrible:** Barely slept, woke up exhausted. (Less than 3 hours)
- 2 - Poor:** Light or interrupted sleep, felt unrefreshed. (3 - 5 hours)
- 3 - Fair:** Decent sleep, but not fully restful. (5 - 6 hours)
- 4 - Good:** Solid sleep, woke up rested but not perfect. (6 - 8 hours)
- 5 - Excellent:** Deep, uninterrupted sleep, woke up energised. (7+ hours)

Score

Rate  
your  
mood

- 1 - Very Low:** Overwhelmed, no drive, struggling to function.
- 2 - Low:** Persistent negativity, minimal effort in tasks.
- 3 - Moderate:** Feeling okay, getting by, but not thriving.
- 4 - Good:** Positive mindset, productive, managing well.
- 5 - Excellent:** Energised, happy, and tackling life with confidence.

Score

What do you want to achieved today?

What do I need to do today to achieve my goal?

Did you  
achieve  
your goal  
today?

YES

NO

If 'NO' what happened?

Rate  
your  
day

- 1 - Terrible:** Overwhelmed by negativity; constant stress or sadness dominated the day.
- 2 - Bad:** Struggled with mostly negative thoughts; moments of positivity felt fleeting or forced.
- 3 - Okay:** Balanced between ups and downs; neutral mood with occasional negative or positive thoughts.
- 4 - Good:** Felt mostly positive and mentally steady; handled stress well, with minimal negative thinking.
- 5 - Excellent:** Strong positive mindset; mental clarity, joy, and little to no negativity throughout the day.

Score

## Day 30

Rate  
your  
sleep

- 1 - Terrible:** Barely slept, woke up exhausted. (Less than 3 hours)
- 2 - Poor:** Light or interrupted sleep, felt unrefreshed. (3 - 5 hours)
- 3 - Fair:** Decent sleep, but not fully restful. (5 - 6 hours)
- 4 - Good:** Solid sleep, woke up rested but not perfect. (6 - 8 hours)
- 5 - Excellent:** Deep, uninterrupted sleep, woke up energised. (7+ hours)

Score

Rate  
your  
mood

- 1 - Very Low:** Overwhelmed, no drive, struggling to function.
- 2 - Low:** Persistent negativity, minimal effort in tasks.
- 3 - Moderate:** Feeling okay, getting by, but not thriving.
- 4 - Good:** Positive mindset, productive, managing well.
- 5 - Excellent:** Energised, happy, and tackling life with confidence.

Score

What do you want to achieved today?

What do I need to do today to achieve my goal?

Did you  
achieve  
your goal  
today?

YES

NO

If 'NO' what happened?

Rate  
your  
day

- 1 - Terrible:** Overwhelmed by negativity; constant stress or sadness dominated the day.
- 2 - Bad:** Struggled with mostly negative thoughts; moments of positivity felt fleeting or forced.
- 3 - Okay:** Balanced between ups and downs; neutral mood with occasional negative or positive thoughts.
- 4 - Good:** Felt mostly positive and mentally steady; handled stress well, with minimal negative thinking.
- 5 - Excellent:** Strong positive mindset; mental clarity, joy, and little to no negativity throughout the day.

Score



Become the  
best version of  
**OURSELVES**