

Three-Sets VIP Welcome Printables!



Self-Guide fo Growth

- My Self-Growth and Awareness Daily Journal
- Weekly Reflection Journal



Better Health & Wellness

- Weekly Meal Planner
- Kitchen-Grocery Checklist



Faith & Internal Healing

- Scriptures Reading Tracker
- Weekly Bible Reflection Journal



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My Self-Growth and Awareness Daily Journal

Today's Date: _____ Time: _____

Sun Mon Tue Wed Thu Fri Sat

Highlights-What I love and appreciate today:

Lowlights-What I hate/don't like today:

Reflection: (Tell yourself the impact of today's highlights in your self-growth. What did you discover about yourself?)

Reflection: (Tell yourself the impact of today's lowlights in your self-growth. What did you discover about yourself? What do you need to improve to handle situations/things/ you dislike?)

Favorite Quote/Verse/Take Notes/Draw/Etc.

Daily Tasked I have completed:

Two Things You are Grateful for Today!

Short Note to Yourself!

My Weekly Reflection Journal

Week Of: _____ Date: _____ Time: _____

Sun Mon Tue Wed Thu Fri Sat

Highlights-What I love and appreciate for this week:

Lowlights-What I hate/don't like for this week:

Reflection: (Tell yourself how you can maintain to have a light and inspiring week. What habits you need to continue and why?)

Reflection: (Tell yourself the impact of the week's lowlights in your self-growth. What did you discover about yourself? What do you need to improve to handle situations/things/you dislike?)

Favorite Quote/Verse/Take Notes/Draw/Etc.

Weekly Tasked I have completed:

Three Main Things You are Grateful for the Week!

Short Note to Yourself!

Weekly Meal Planner

I am what I eat! I'm a mindful eater!

Week Of: _____

Stick Me at the Fridge!

Day	Breakfast	Lunch	Dinner	Reminders!
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Healthy Snacks!				
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Other Reminders:

Kitchen-Grocery Checklist!

Week Of: _____

Stick Me at the Fridge!

PANTRY	DAIRY	MEAT
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PRODUCE	HOUSEHOLD	OTHERS
<input type="checkbox"/>	<input type="checkbox"/>	<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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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

HIGHLIGHT ANY EVENT OR OCCASION!

Scriptures Reading Tracker

Philippians 4:13 - I can do all things through Christ who strengthens me.

Week Of: _____

Note to Myself: _____

Day	Topic & Date	Bible Verses	Reflection
Sunday	<input type="checkbox"/>		
Monday	<input type="checkbox"/>		
Tuesday	<input type="checkbox"/>		
Wednesday	<input type="checkbox"/>		
Thursday	<input type="checkbox"/>		
Friday	<input type="checkbox"/>		
Saturday	<input type="checkbox"/>		

Note: Please check the box when it's completed.

My Spiritual Goal for the Week & Commitment to fulfill my Goal!

My Weekly Bible Reflection Journal

John 8:32 - And you will know the truth, and the truth will set you free.

Week Of: _____

Note to Myself: _____

My Favorite Topics & Bible Verses for the Week	My Reflection <i>(According to your topic & favorite Bible Verse)</i>	What are my strengths to keep and weaknesses to improve? <i>(According to your topic & favorite Bible Verse)</i>

My Prayer: