



Nutrition Health  
& Wellbeing

# The Mindful Momentum Journal

*Small steps to big changes.*



[www.nutritionhealthandwellbeing.com.au](http://www.nutritionhealthandwellbeing.com.au)



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@nutritionhealthandwellbeing

# Momentum Goals

*List the habits or changes you'd love to grow into this year.*

*Add a date or reason to help you stay aligned.*



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# Daily Affirmations

*Choose an affirmation or intention to carry you through each day.  
Let it ground, guide, or uplift you.*

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Notes

Weekly quote

















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