

# The Life Tracker

notion template.

This tool is designed to help you examine and optimize various aspects of your life through guided journaling prompts.

For support, visit our website [here](#)



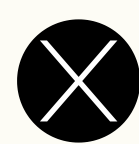
reysuyt@gmail.com



reysu.io



@reysu




@reysuing



@reysuing

## Access your Life Tracker (Notion Ver.)

1. Open this [link](#) & enter: reysu2024
2. Click the notion link
3. Duplicate the template to your Notion workspace by clicking "Duplicate  " in the upper right corner.
4. The template will now appear in the Private section of your sidebar, including all sub-pages from the original.
5. You can edit the template and its sub-pages just like any other Notion page.

## Links:



Notion Link



how I journal for mental clarity  
(guide)

## Learn More about The Life Tracker:



A notebook to save you from  
infinite scrolling.



How I journaled every day for 6  
years (and why you should too)



[The Life Tracker System Guide](#)