

WELLNESS JOURNAL



Date: _____

Journaling is an important tool because it helps us track our wellness over time. By writing down our thoughts, we can identify patterns or triggers that may cause stress, but also see personal wins, growth and healing.

Use this page to reflect on your daily activities and activate your wellness!

Affirmations of the day:

1. _____
2. _____
3. _____

Today in one word:

I moved my body today by:

Today's water tracker:



Moment of peace or personal connection:

Today's mood:



Something I learned today:

Tomorrow's goals are:

1. _____
2. _____
3. _____

I stayed on budget today:



