# WELLBEING JOURNAL



#### **MONDAY**

How do I feel today:



HOW HAVE I MAINTAINED MY WELLBEING

WHAT WENT WELL TODAY

TOMORROWS INTENTION

10 MINUTE TIME OUT
Take a short 10 minute walk

## **TUESDAY**

How do I feel today:



HOW HAVE I MAINTAINED MY WELLBEIN
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WHAT	WFNT	WELL	TODAY

TOMORROWS INTENTION

10 MINUTE TIME OUT Breathe in for 5, out for 7, five times

#### **WEDNESDAY**

How do I feel today:

HOW HAVE I MAINTAINED MY WELLBEING	
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WHAT WENT WELL TODAY	

TOMORROWS INTENTION

10 MINUTE TIME OUT

Connect to someone you've been meaning to

#### **THURSDAY**

How do I feel today:



HOW HAVE I MAINTAINED MY WELLBEING

WHAT WENT WELL TODAY

TOMORROWS INTENTION

10 MINUTE TIME OUT Learn a new fact

#### **FRIDAY**

How do I feel today:



HOW HAVE I MAINTAINED MY WELLBEING

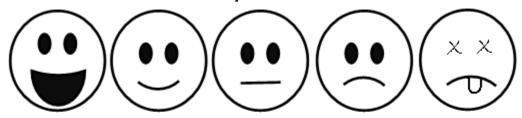
WHAT WENT WELL TODAY

TOMORROWS INTENTION

10 MINUTE TIME OUT Stand up and stretch

#### **SATURDAY**

How do I feel today:



HOW HAVE I MAINTAINED MY WELLBEING
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$\Lambda / H \Delta T$	WENT	W/FII	TODAY

TOMORROWS INTENTION

10 MINUTE TIME OUT Sing along to your favourite song

## **SUNDAY**

How do I feel today:



M/HAT	W/FNT	W/FII	TODAY

TOMORROWS INTENTION

10 MINUTE TIME OUT Dance like no one is watching

# 5 MINUTES TO

REFLECT ON MY WEEK
WEEK COMMENCING:

5 THINGS I HAVE NOTICED
4 PEOPLE I HAVE CONNECTED WITH
3 THINGS I DID WELL
2 THINGS THAT GOT ME MOVING
1 THING I LEARNED

WELLBEING CHECK-IN This week I have felt mostly:

