



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 WELLBEING

WHAT WENT 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

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

WHAT WENT WELL TODAY

TOMORROWS INTENTION

10 MINUTE TIME OUT

Sing along to your favourite song

SUNDAY

How do I feel today:



HOW HAVE I MAINTAINED MY WELLBEING

WHAT WENT WELL 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

Four empty rounded rectangular boxes arranged in a row, with a fifth empty rounded rectangular box centered below them.

4 PEOPLE I HAVE CONNECTED WITH

Four empty rounded rectangular boxes arranged in a row.

3 THINGS I DID WELL

Two empty rounded rectangular boxes arranged in a row, with a third empty rounded rectangular box centered below them.

2 THINGS THAT GOT ME MOVING

Two empty rounded rectangular boxes arranged in a row.

1 THING I LEARNED

A single large empty rounded rectangular box.

WELLBEING CHECK-IN This week I have felt mostly:

