

Daily tracker – an example	1	2	3	4	5	6	7	8	9	10	Notes
Spiritual health											
10 mn of meditation											
Gratitude journal											
Engage in a mindful walk											
Physical health											
Walk for 30mn											
Drink 8 glasses of water											
10 mn home workout											
Once a week enjoy a relaxing bath											
Intellectual health											
Read a chapter from a book											
Work on a personal project											
Learn something new											
Character development											
One act of kindness each week											
One act of self-confidence each week											
Emotional health											
10 mn daily self-compassion											
10 mn of fun											
Hobbies and arts											
Social health											
Call a friend or family member											
Activities with my kids											
Connect with my life partner											
Once a month plan a social outing											
LIFE											
Once a month do something fun or new											
Once a month manage your finances											
30-mn to clean living spaces											
Once a week declutter a room in your home											