

# WEEKLY

## *wellness planner*

BY AUREWELL SOLUTIONS



A gentle guide to rest, clarity, and  
sustainable care

# HEY THERE!

This planner is a gentle space to slow down, check in, and approach your week with intention—not pressure.

Use it in a way that feels supportive and sustainable for you. There's no rush, no rules—only room to begin where you are.

With care,  
AureWell Solutions



# *contents*

## 01. Weekly Intention

Choose a theme or feeling to guide your week.

## 02. Gentle Goals

Set a few realistic, wellness-centered goals.

## 03. Daily Check-In

Reflect briefly on your day—wins, feelings, lessons.

## 04. Self-Care Moments

Note when you intentionally rest or recharge.

“This is not about doing more.  
It’s about listening more.”



# WEEKLY INTENTIONS

## *and goals*

### WEEKLY INTENTIONS:

Intentions gently guide how we move through the week.

Choose a word, feeling, or focus that feels supportive right now—such as rest, clarity, patience, or courage.

Let this intention shape your choices with compassion, not pressure.

### GOALS:

Goals are gentle actions that support your intention.

Keep them realistic, nourishing, and aligned with your well-being.

On the next page, you'll map out simple, achievable goals for the week ahead.

*“Every step, no matter its size, is meaningful progress.”*



# SMART GOALS MAPPING

Supportive goals are gentle milestones on your wellness journey. Use this space to outline goals that feel realistic, nourishing, and aligned with where you are right now.

S	Smart: What is one clear, focused action you want to take this week?

M	Measurable: How will you know you've made progress—without pressure or perfection?

A	Achievable: Is this goal realistic and supportive of your current energy level?

R	Relevant: How does this goal support your overall well-being or personal growth?

T	Time-bound: When or how often will you gently work toward this goal this week?

*“Sketch your goals with kindness, allowing them to adapt as your needs change.”*



# DAILY CHECK IN

## TODAY'S FOCUS

What feels most important today?

Choose one gentle focus to guide your day (peace, progress, rest, gratitude).

## MOOD & ENERGY LEVELS

How did you feel today—emotionally and physically?

There's no right answer. Simply notice and name it.

## PHYSICAL ACTIVITY AND NUTRITION LOGS

Note any movement, rest, or nourishment you gave your body today.

This is awareness, not evaluation.

## JOYFUL MOMENTS AND CHALLENGES

What brought you joy today? What felt heavy or challenging? Both belong here.



# SELF-CARE & RELAXATION

## *Crafting Moments of Self-Love*

### SELF-CARE GUIDE:

Self-care is a loving commitment to yourself.

How did you care for your body, mind, or spirit this week?

Even small pauses count.

### RELAXATION TECHNIQUES:

What helped you slow down or feel at ease this week?

This could be rest, gentle movement, breathing, or quiet time.

If nothing comes to mind, note one practice you'd like to try next week.

“Rest is productive when it restores you.”



# WEEKLY REFLECTIONS

## WINS OF THE WEEK

Celebrate your achievements, however small they might be:

## CHALLENGES ENCOUNTERED

Acknowledge any struggles or bottlenecks you faced:

## LESSONS LEARNED

Identify learnings that can be carried forward:

## NEXT WEEK'S PRELIMINARY THOUGHTS

Write down any early ideas or focus points for the upcoming week:

# LET'S WORK TOGETHER

Your wellness journey is uniquely yours—a gentle unfolding rooted in awareness, care, and intention.

If you feel called to go deeper, to create sustainable rhythms that support your emotional, mental, and spiritual well-being, you're warmly invited to explore personalized wellness support.

Together, we can navigate your path with curiosity rather than pressure, honoring where you are while gently supporting where you're becoming.

You don't have to walk this journey alone.  
I'm here—ready to walk alongside you.

— AureWell Solutions

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This planner is a supportive wellness tool and does not replace professional medical or mental health care.