

there

is

away

thru

.com

anxiety

trauma

depression



Wellness Journal

Date: _____

How do I feel today?

☒ GREAT ☐ GOOD ☐ OKAY ☐ BAD

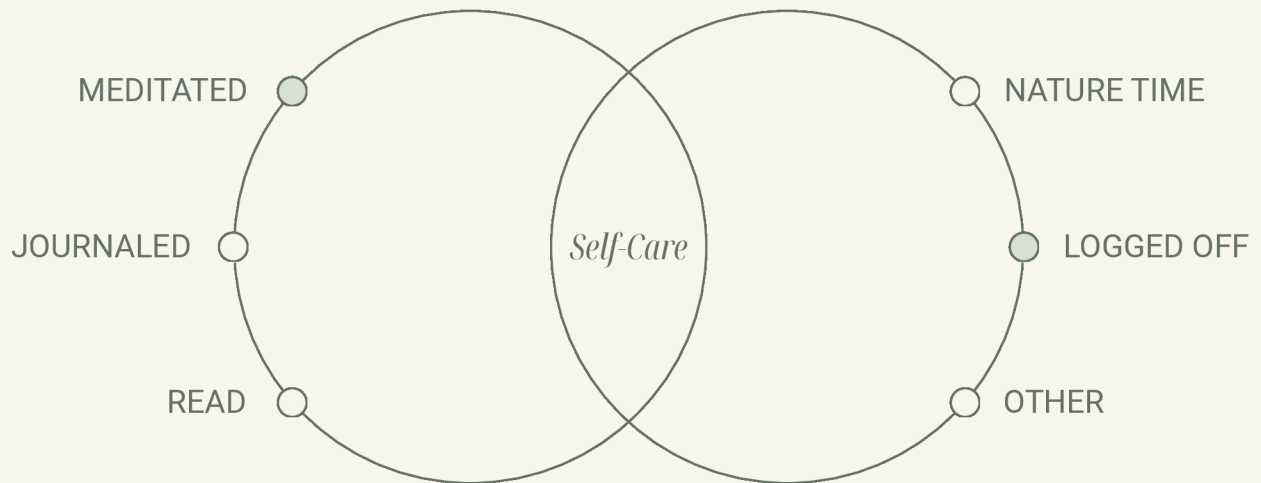
Today's Goal:

Physical Wellness:

Sleep: _____ HOURS

Meals: _____

Hydration:        



Grateful for:

Reflections:

- ☐ _____
- ☐ _____
- ☐ _____

"THIS JOURNAL ISN'T ABOUT PERFECTION. IT'S ABOUT PRESENCE. IT'S ABOUT SHOWING UP FOR YOUR INNER WORLD."

Self-Care Journal

DATE:

/ /



S



M



T



W



T



F



S

How am I feeling today?

Mental

Physical

Spiritual

Today I'm Grateful for

Today I'm Grateful for

Water Intake



1 2 3 4 5 6 7 8 (Glass)

Mood of the Day



Notes/Reminder

For Tomorrow

VISION — BOARD

Start your day with clarity and purpose. This planner is designed to help you stay organized, set priorities, and make the most of your time.

(Day):

(Month):

(Year):

Health

Career & Finances

Relationships & Social Life

Travel

Fitness

Spirituality & Mindfulness

Self-Reflection + Awareness

DATE: / /

WHAT ARE THREE THINGS I'M GRATEFUL FOR TODAY?

1.

2.

3.

HOW DO I FEEL RIGHT NOW? WHAT MIGHT BE THE CAUSE OF THESE FEELINGS?

WHAT ARE THE POSITIVE QUALITIES I SEE IN MYSELF?

WHAT HABITS WOULD I LIKE TO CHANGE OR IMPROVE IN MY LIFE?

GOAL ————— PLANNER

Every big achievement starts with a single goal. Use this planner to define your goal, create a clear action plan, and stay on track. Small steps lead to big success

(My Goal)

Write your main goal here:

(Key Milestones)

Break your goal into smaller steps

STEP 1: _____ DATE: _____

STEP 2: _____ DATE: _____

STEP 3: _____ DATE: _____

(Top 3 action steps)

*Big goals require small, consistent actions.
Focus on three key steps to move forward*

- ☐ _____
- ☐ _____
- ☐ _____

(Why this goal matters)

*Understanding your "why" keeps you motivated.
I want to achieve this because:*

(Possible Challenges & Solutions)

*Obstacles are part of the journey. Plan ahead so
you can overcome them*

Potential Challenge: _____

Solution: _____

Potential Challenge: _____

Solution: _____

(Weekly Tracker)

Track your daily progress! Small wins add up to big results.

☐	☐	☐	☐	☐	☐	☐
MON	TUE	WED	THU	FRI	SAT	SUN

GRATITUDE — PLANNER

*Happiness starts with gratitude. Use this planner to pause, reflect, and celebrate life's little moments.
A grateful heart makes every day brighter.*

(Day):

(Month):

(Year):

(How I Felt Today) *Connect or color the emotions that match your day*

☐ *Energized*

☐ *Creative*

☐ *Inspired*

☐ *Grateful*

☐ *Productive*

☐ *Introspective*

☐ *Stressed*

☐ *Conflicted*

☐ *Connected*

(Daily Affirmation)

A positive statement to uplift your mindset

(Highlight of the Day)

*A moment that made you smile or feel good.
Draw or describe it here*

Self-Care Tracker

Track how well you cared for yourself today



Water Intake



(One Intention for Tomorrow)

*Setting an intention helps you approach the
next day with purpose and mindfulness.*

Self-Care Journal

DATE:

/ /



S



M



T



W



T



F



S

How am I feeling today?

Mental

Physical

Spiritual

Today I'm Grateful for

Today I'm Grateful for

Water Intake



1 2 3 4 5 6 7 8 (Glass)

Mood of the Day



Notes/Reminder

For Tomorrow

Weekly Planner

MONTH:

WEEK:

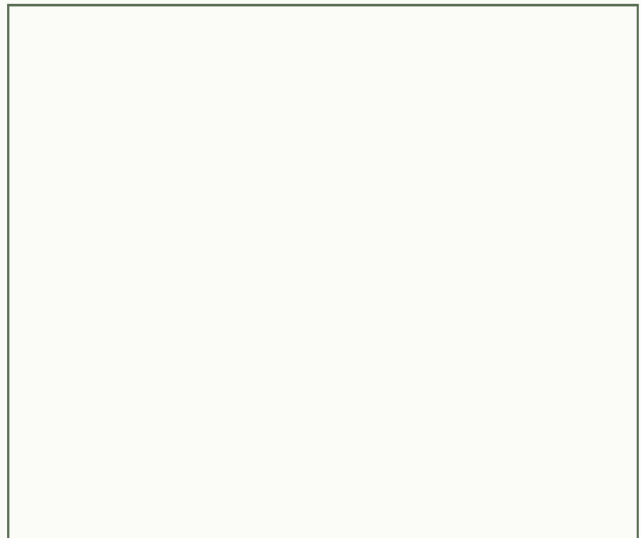
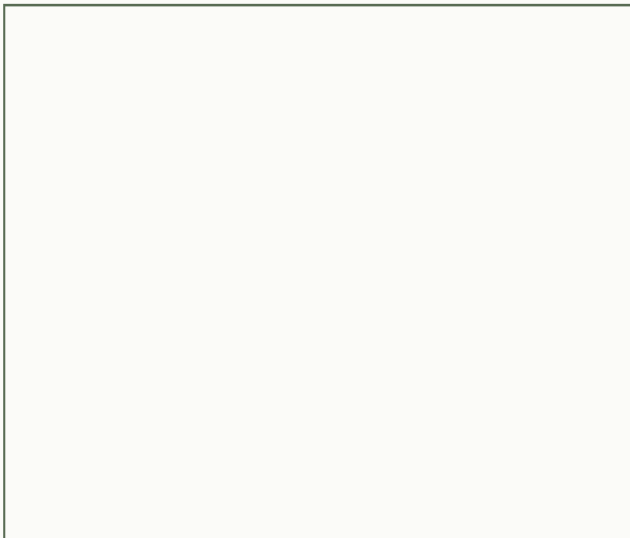
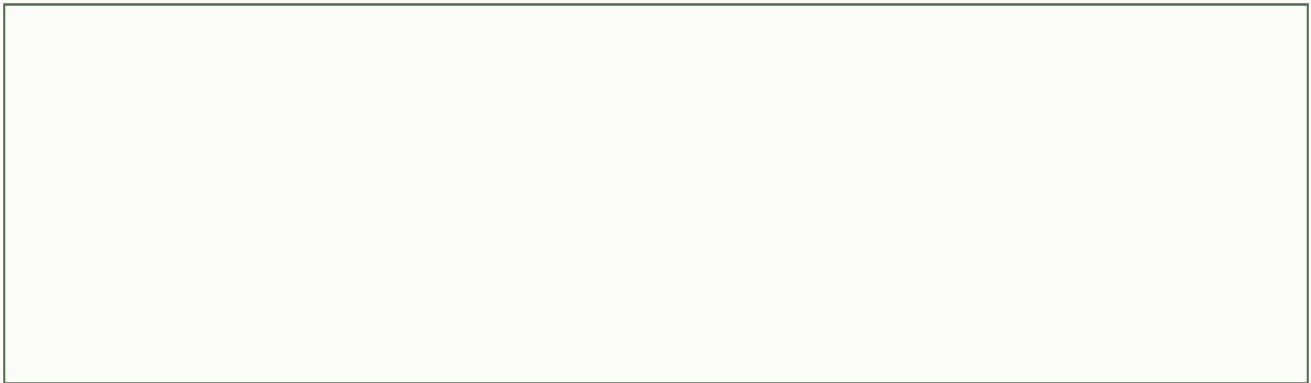
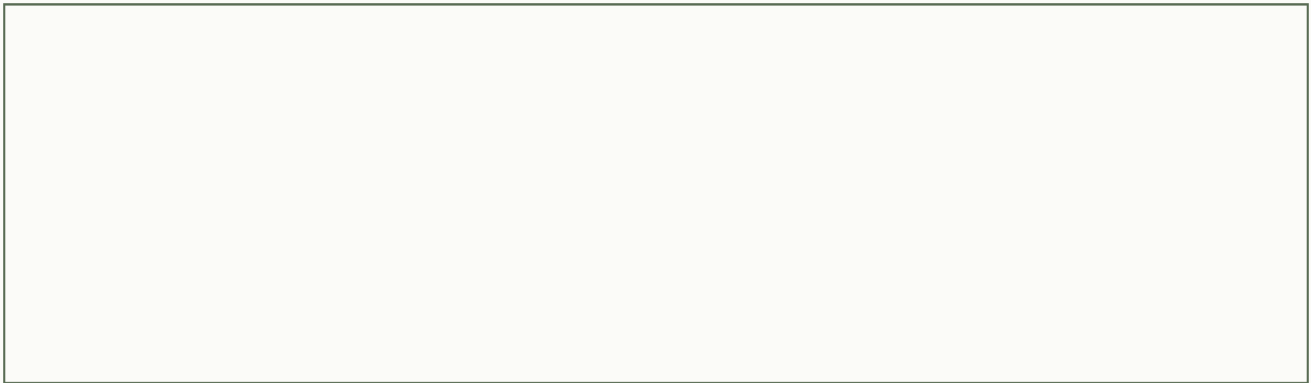
PRIORITY

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

MONDAY

TUESDAY

WEDNESDAY



Monthly Planner

Month: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

DAILY ROUTINE

Date: / /

Day:

S ☐ M ☐ T ☐ W ☐ T ☐ F ☐ S ☐

Today, I am thankful for...

1. _____
2. _____
3. _____

My focus for today is...

1. _____
2. _____
3. _____

Positive thoughts I want to embrace today...

1. _____
2. _____
3. _____

DAILY GOALS CHECK-IN:

Goals Achieved:

Still Working On:

Focus for Tomorrow:

• Mood Tracker:

     (Circle the one that fits)

• Day Rating:

☆ ☆ ☆ ☆ ☆ (Circle how many stars you give)

• Intentions for Tomorrow:

Daily Wellness

DATE : _____

M T W T F S S

TODAY I FEEL

TODAY'S AFFIRMATION

TODAY'S MANTRA

TODAY I'M PROUD OF

WATER INTAKE



WEATHER



NOTE

TODAY'S GOAL

TOMORROW PLAN