



Championing My Wellbeing



DATE(S):

W writing	%*	What in my life do I need to reflect on and process with journaling or poetry? When will I do some writing?	
E emotions	%	What am I feeling about? What am I feeling? Why am I feeling this way? How does it show up in my body?	
L learning	%	What would I like to learn more about? When will I explore this more?	
L leisure	%	What would I like to do for the pure enjoyment of it? When will I do this?	
C connection	%	Who do I need to connect with today/this week? How/when will I connect with them?	
H hydration	%	How will I stay hydrated today/this week?	
A activity	%	What activity will I do today/this week to move my body? When will I do this?	
M mindfulness	%	How/when will I practice mindfulness of the present moment today/this week?	
P planning	%	What is my plan for today/this week? What do I want to accomplish?	
I inspiration	%	What values, activities, beliefs, and ideas inspire me? How can I integrate them into my day/week?	
O outdoors	%	How will I get outdoors today/this week? When will I do this?	
N nutrition	%	What aspect of nutrition can I focus on today/this week?	
S sleep	%	What can I do to ensure I am getting adequate sleep and rest?	

* = How satisfied is this area of your life right now?