

GRATITUDE



*The Wellness
Blueprint*

DATE: / /

Self-Reflection & Awareness

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?

“You can’t pour from an empty cup—take care of yourself first.”

SELF-CARE

Journal

DATE: / /

S M T W T F S

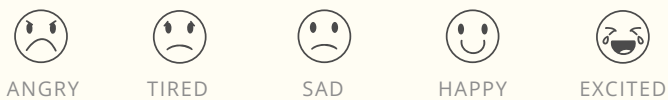
TODAY I'M GRATEFUL FOR:

1. _____
2. _____
3. _____

WATER INTAKE



MOOD



NOTES/REMINDER:

TODAY'S AFFIRMATION

FOR TOMORROW

Vision Board

(Day):

(Month):

(Year):

(Remember)

CULTIVATING GRATITUDE IS A POWERFUL PRACTICE THAT CAN POSITIVELY IMPACT YOUR MINDSET AND OVERALL WELL-BEING. ENJOY THIS RITUAL, AND WATCH HOW IT CONTRIBUTES TO FULFILLED LIFE.

HEALTH

TRAVEL

CAREER

FINANCES

RELATIONSHIPS

SPIRITUALITY

Gratitude Planner

(Remember)

CULTIVATING GRATITUDE IS A POWERFUL PRACTICE THAT CAN POSITIVELY IMPACT YOUR MINDSET AND OVERALL WELL-BEING. ENJOY THIS DAILY RITUAL, AND WATCH HOW IT CONTRIBUTES TO FULFILLED LIFE.

(Day):

(Month):

(Year):

Today's Affirmation

Inspiration of the day

Water Intake



Today I'm grateful for

Mood of the day

(How I feel)

ESTABLISH A CONNECTION WITH YOUR THREE WORLDS (MENTAL / PHYSICAL / SPIRITUAL).
SET AN INTENTION FOR EACH AND SHARE HOW YOU FEEL

MENTAL

PHYSICAL

SPIRITUAL