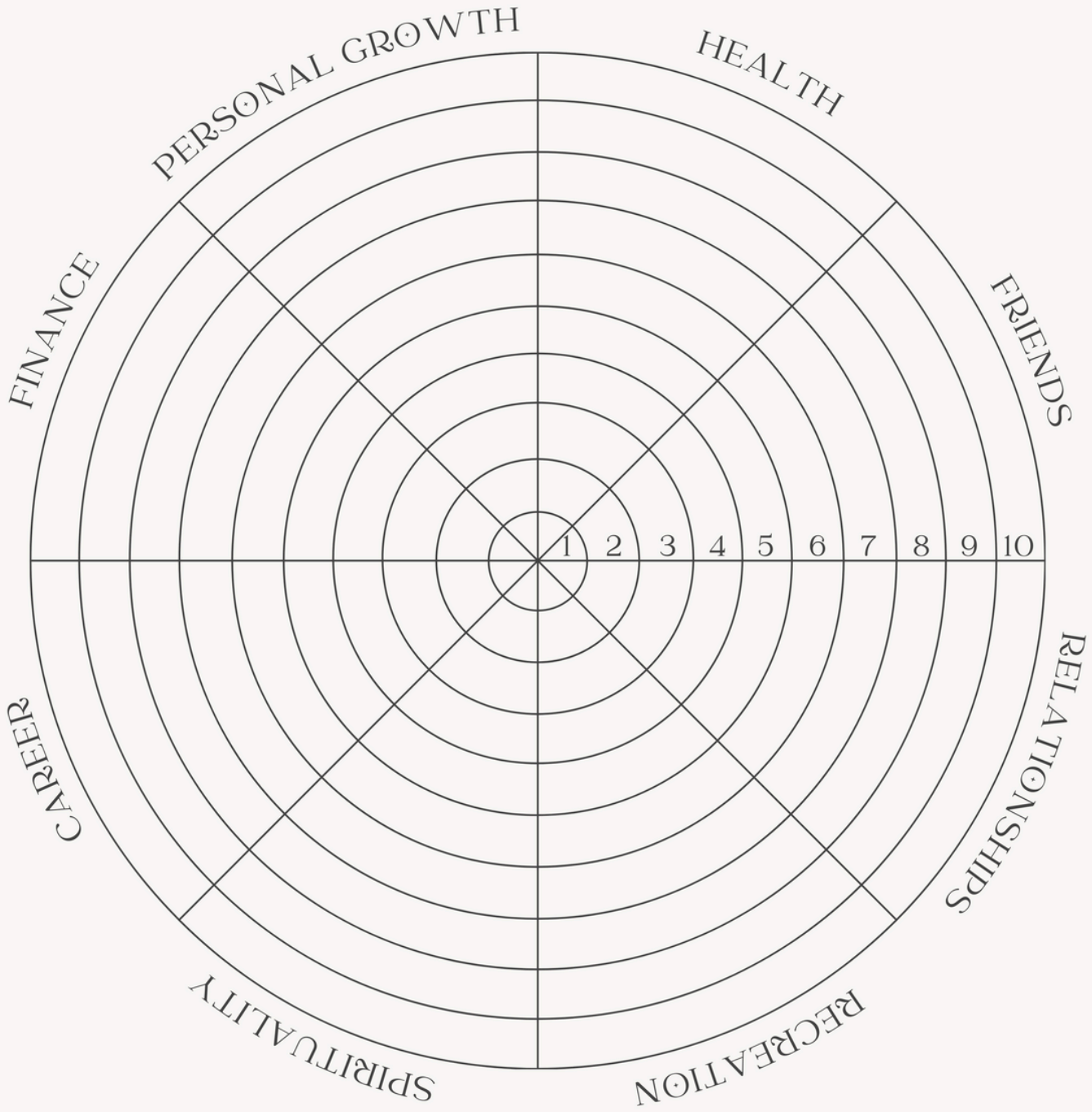
MY WELLNESS

JOURNAL

WHEEL OF

LIFE

THE WHEEL OF LIFE IS A GREAT TOOL THAT HELPS YOU BETTER UNDERSTAND WHAT YOU CAN DO TO MAKE YOUR LIFE MORE BALANCED. THINK ABOUT THE 8 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10.



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Daily Journal

Title: _____ Date: _____

Mood/Emotion Tracker

VERRY SAD ⟷ VERY HAPPY

Space for Creativity

(DOODLES, ILLUSTRATION, TEXT,ETC)

Things that I am greateful for:

My Goals and Intention:

Refllections:

What I accomplished today:

Daily Journal

TO DO LIST

MONTH

DATE

TO DO

- [ ]
- [ ]
- [ ]
- [ ]
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- [ ]

PRIORITIES

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

NOTES

REMINDER

MONTHLY HABIT TRACKER

Habit	Day

DATE:

Brain storming.

NOTES & MEMO:
My Goal:
Stop Doing:
Do less of:
Keep doing:
Do more of:
Start doing:
Notes:

FINANCE *Planner*

MONTH _____

YEAR _____

INITIAL BALANCE _____

ENDING BALANCE _____

INCOME

DATE	DESCRIPTION	AMOUNT
	TOTAL	

EXPENSES

DATE	DESCRIPTION	AMOUNT
	TOTAL	

SUMMARY

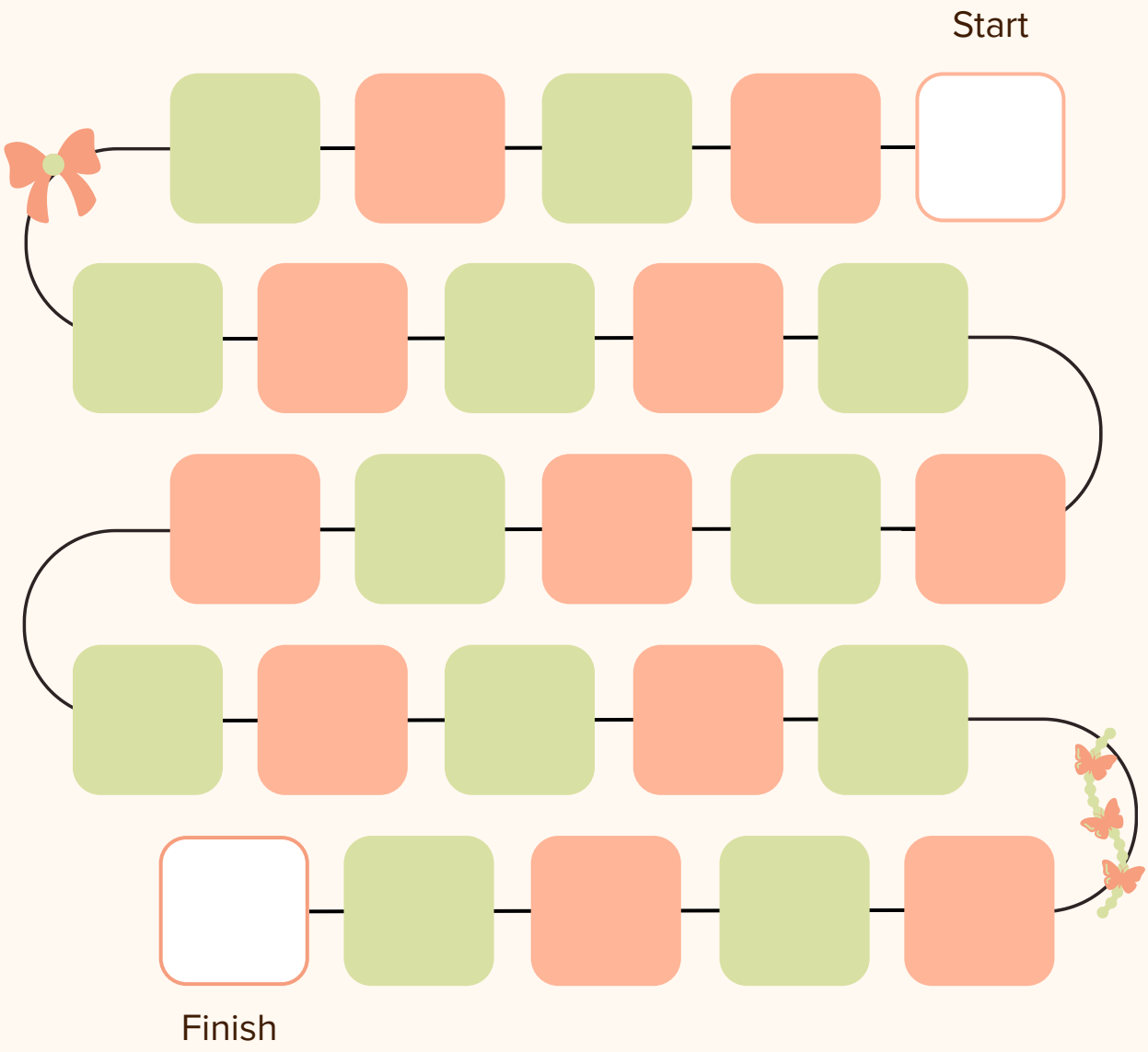
TOTAL INCOME	TOTAL EXPENSES	ENDING BALANCE

NOTES

GOALS PLANNER

ACTION STEPS

Weight Loss Tracker



Starting Weight	Goal Weight

30-DAY CHALLENGE

NEW HABIT: _____

Why is this important for me? _____

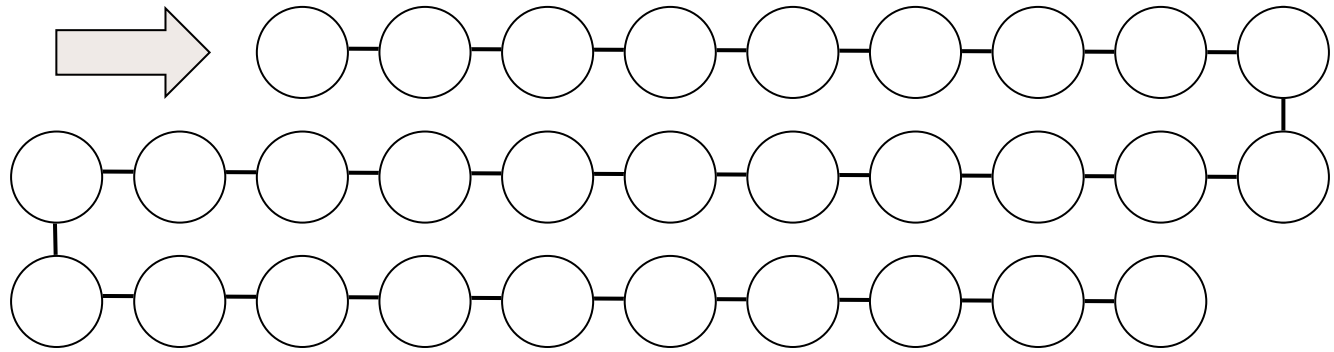
_____

Strenghts: _____

Weaknesses: _____

Reward: _____

Let's do this!



How did it go? _____

_____

What did I learn? _____

_____

RATE THIS CHALLENGE

☆☆☆☆☆

Password tracker.

Website: Login: Password:	Website: Login: Password:
Website: Login: Password:	Website: Login: Password:
Website: Login: Password:	Website: Login: Password:
Website: Login: Password:	Website: Login: Password:
Website: Login: Password:	Website: Login: Password:
Website: Login: Password:	Website: Login: Password:
Website: Login: Password:	Website: Login: Password:
Website: Login: Password:	Website: Login: Password:

ACTION

BRAINSTORMING

ACTION BRAINSTORMING CAN HELP IDENTIFY WHAT THINGS ARE HELPING OR STOPPING YOU FROM ACHIEVING YOUR GOALS.

MY GOAL:

STOP DOING	
DO LESS OF	
KEEP DOING	
DO MORE OF	
START DOING	

VISION BOARD

MAKE IT HAPPEN

WEALTH

Progression : ○○○○

PASSION

Progression : ○○○○

HEALTH

Progression : ○○○○

LOVE

Progression : ○○○○

FAMILY

Progression : ○○○○

CAREER

Progression : ○○○○

GOALS TRACKER

JAN

FEB

MAR

JUN

MAY

APR

JUL

AUG

SEPT

DEC

NOV

OCT

YEAR: 2024 / 2025

HABIT TRACKER

HABIT	CHECKLIST
	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

NOTE

HABIT TRACKER

TARGET		YEAR	

JANUARY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
FEBRUARY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
	16	17	18	19	20	21	22	23	24	25	26	27	28	29		
MARCH	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
APRIL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
MAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
JUNE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
JULY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
AUGUST	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
SEPTEMBER	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
OCTOBER	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
NOVEMBER	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
DESEMBER	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

30-DAY SELF-CARE CHALLENGE

- [ ] Set a personal goal for the month
- [ ] Practice deep breathing or meditation for 10 minutes
- [ ] Write a list of 10 things you're grateful for
- [ ] Take a walk outside
- [ ] Declutter a room or workspace
- [ ] Call or text a friend to catch up
- [ ] Cook a healthy meal
- [ ] Practice yoga or gentle stretching
- [ ] Write a positive affirmation and repeat it throughout the day
- [ ] Create a relaxing bedtime routine
- [ ] Journal about your thoughts and feelings
- [ ] Set aside time for your favorite hobby
- [ ] Give yourself a compliment
- [ ] Unplug from technology for an hour
- [ ] Listen to your favorite music or a calming playlist
- [ ] Practice mindfulness while doing everyday tasks
- [ ] Spend time with a pet or visit a local animal shelter
- [ ] Read a book or watch a movie that inspires you
- [ ] Explore a new relaxation method, like progressive muscle relaxation
- [ ] Take a power nap or restorative break
- [ ] Create a vision board or list of personal goals
- [ ] Volunteer or perform a random act of kindness
- [ ] Treat yourself to a small indulgence
- [ ] Reflect on your accomplishments and growth
- [ ] Connect with nature by visiting a park, beach, or forest
- [ ] Write a letter to your future self
- [ ] Set boundaries to protect your energy and time
- [ ] Establish a morning routine that energizes you
- [ ] Practice self-compassion and forgive yourself for past mistakes
- [ ] Review your progress and celebrate your achievements

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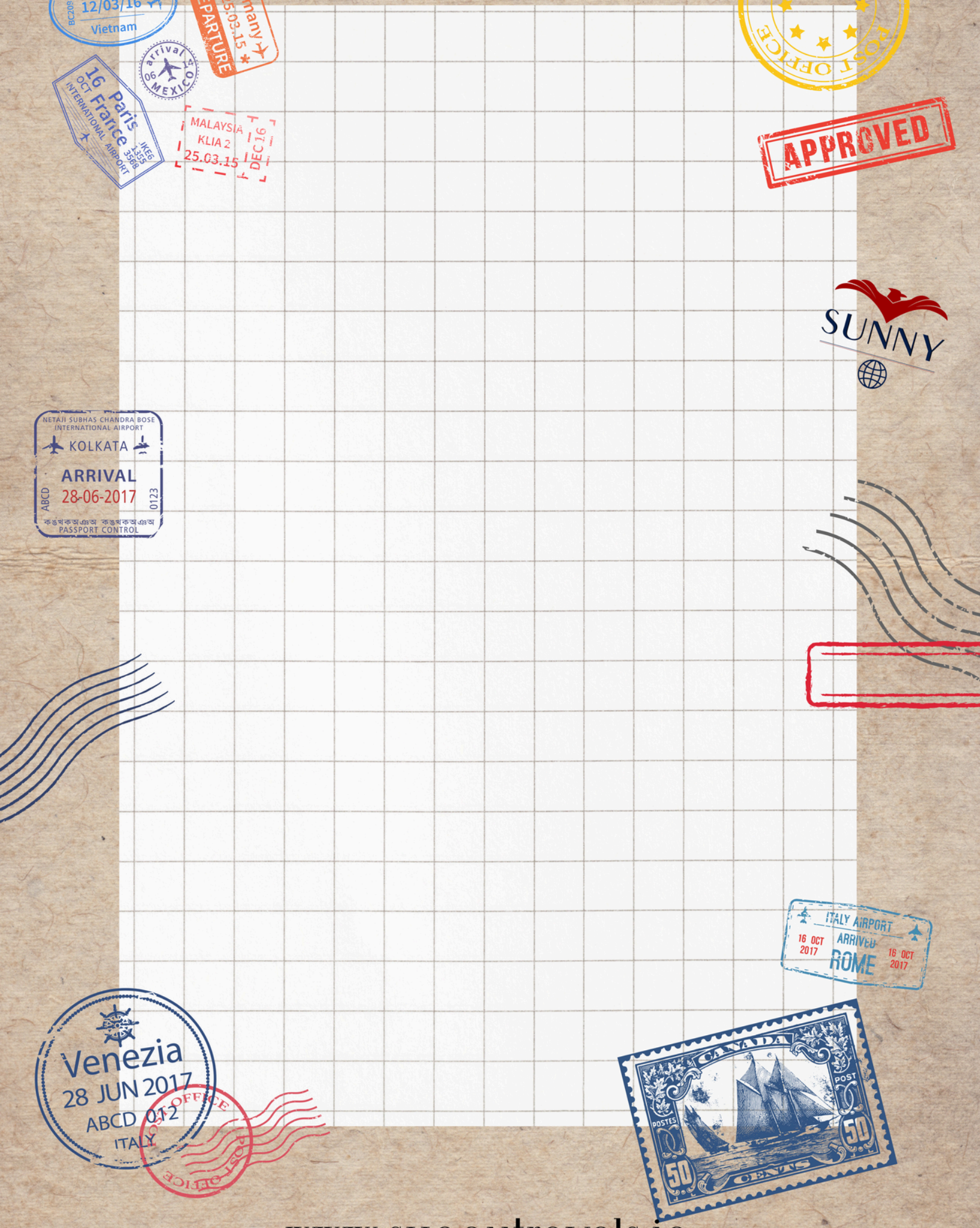

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