

Wellness Journal template

Date 

Things I am grateful for

- 1
- 2
- 3
- 4
- 5

Moods & feelings

Act of kindness for myself or others

- 1
- 2
- 3
- 4
- 5

Exercise and health 

- 1
- 2
- 3
- 4
- 5

Digital detox 



 hours
mins

 hours
mins








 hours
mins

 hours
mins

 hours
mins

 hours
mins

Sleep

Monday	Tuesday	Wednesday	Thursday
✓ Rate the quality  Total hours = <input type="text"/> hours <input type="text"/> mins	✓ Rate the quality  Total hours = <input type="text"/> hours <input type="text"/> mins	✓ Rate the quality  Total hours = <input type="text"/> hours <input type="text"/> mins	✓ Rate the quality  Total hours = <input type="text"/> hours <input type="text"/> mins
Friday	Saturday	Sunday	
✓ Rate the quality  Total hours = <input type="text"/> hours <input type="text"/> mins	✓ Rate the quality  Total hours = <input type="text"/> hours <input type="text"/> mins	✓ Rate the quality  Total hours = <input type="text"/> hours <input type="text"/> mins	

 DRINK MORE WATER 

Water intake











(aim for 8 glasses a day, colour in your intake for the day)



goals Goal for the day/something new I have tried

ideas to help you reset

-  Listen to music
-  Watch your favourite TV show giving it full attention
-  Take a break from social media
-  Look for signs of changing seasons
-  Speak to a friend
-  Move your body
-  Read a book you enjoy
-  Get creative and paint, draw or colour