

My  
Wellness  
Journal



*"Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says, 'I'll try again tomorrow.'"*

- MARY ANNE RADMACHER

My goal for today	
Things that went well	
What enabled these good things to happen	
How I feel (physically)	
How I feel (emotionally)	
Today I am grateful for	

Healthy habits I was able to include this week:

- More/better sleep
- Drinking enough water
- Eating healthily
- Meditating/ finding peaceful moments
- Some physical activity
- Doing something that made me smile

My weekly observations and reflections:

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My opportunities for next week:

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