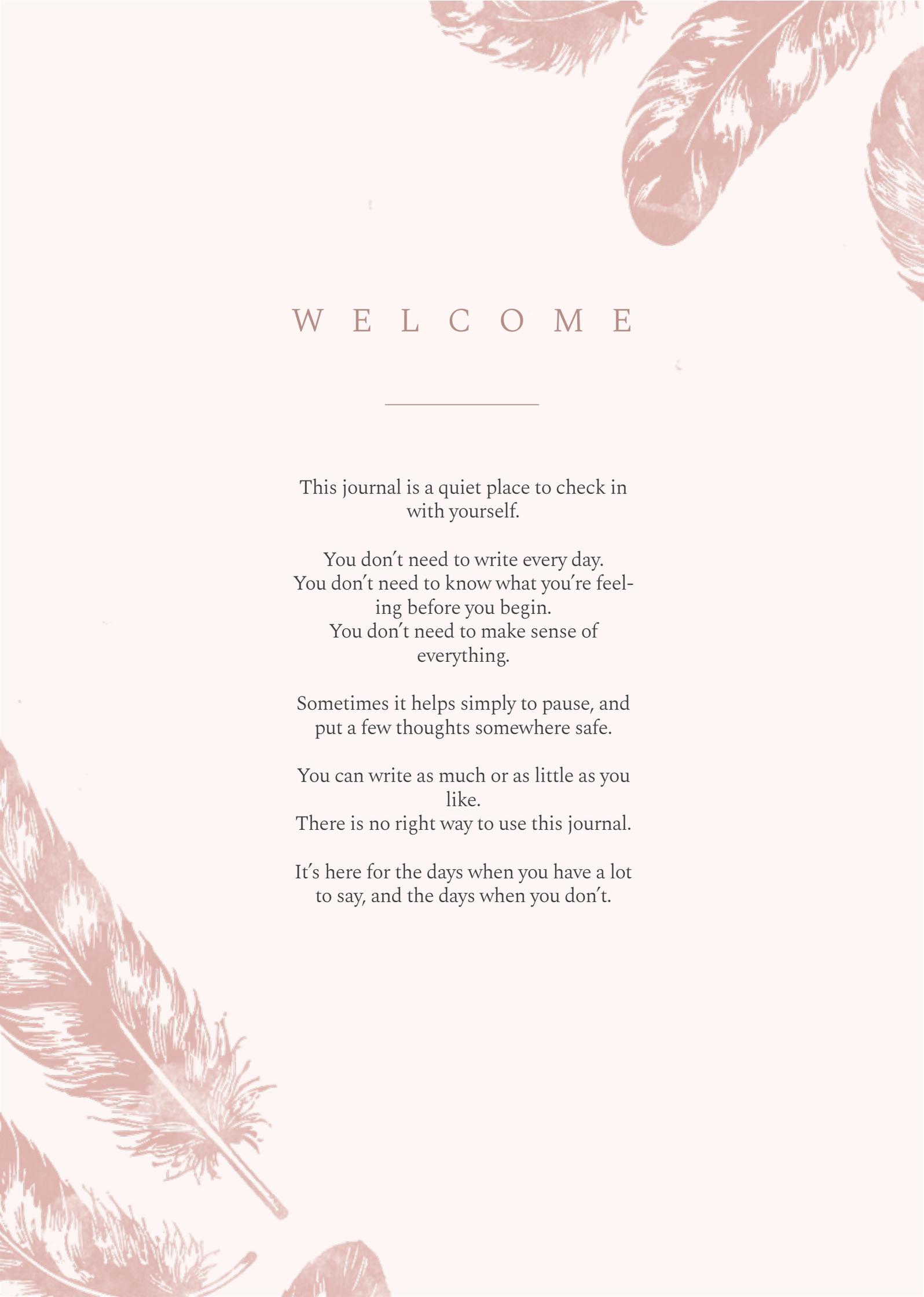


# WELLNESS JOURNAL

VERY IMPORTANT NOTES

*A calm place*  
to check in and  
write things down





# W E L C O M E

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This journal is a quiet place to check in  
with yourself.

You don't need to write every day.  
You don't need to know what you're feel-  
ing before you begin.

You don't need to make sense of  
everything.

Sometimes it helps simply to pause, and  
put a few thoughts somewhere safe.

You can write as much or as little as you  
like.

There is no right way to use this journal.

It's here for the days when you have a lot  
to say, and the days when you don't.

H O W   T H I S  
J O U R N A L  
W O R K S

---

This journal isn't something to complete.  
It's something to return to.

You won't use every page.  
You're not meant to.

Some days you might write a few lines.  
Some days you might write nothing at all.  
Both are part of the design.

This journal has three kinds of pages:

## *Daily pages*

For gentle check-ins, whenever you feel the need.

## *Weekly pages*

For pausing and looking back, if it feels helpful.

## *Monthly pages*

For noticing patterns and marking time lightly.

You can use one section, all of it, or none.

Blank pages are allowed.

Skipping is allowed.

Coming back later is allowed.

This is simply a place to put things down.

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

# January

## DAILY WELLNESS

M	T	W	T	F	S	S
			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	

## WEEKLY REFLECTION

WEEK ONE

WEEK TWO

WEEK THREE

WEEK FOUR

WEEK FIVE

## MONTHLY REFLECTION

JANUARY

# JAN 1 Thursday

*A soft opening. Nothing to complete, only places to begin.*

**A GENTLE CHECK-IN** *How am I feeling today, really? What's been sitting with me?*

**A FEW WORDS FOR TODAY** *If today had a headline, what would it be? One sentence about how today feels.*

**WHAT I NEED RIGHT NOW** *What would help, even a little? What do I need more of? Less of?*

**SOMETHING TO PUT SOMEWHERE SAFE** *A worry, thought, or feeling I don't need to carry alone.*

# JAN 2 *Friday*

*A soft opening. Nothing to complete, only places to begin.*

**A GENTLE CHECK-IN** *How am I feeling today, really? What's been sitting with me?*

**A FEW WORDS FOR TODAY** *If today had a headline, what would it be? One sentence about how today feels.*

**WHAT I NEED RIGHT NOW** *What would help, even a little? What do I need more of? Less of?*

**SOMETHING TO PUT SOMEWHERE SAFE** *A worry, thought, or feeling I don't need to carry alone.*

# JAN 3 *Saturday*

*A soft opening. Nothing to complete, only places to begin.*

**A GENTLE CHECK-IN** *How am I feeling today, really? What's been sitting with me?*

**A FEW WORDS FOR TODAY** *If today had a headline, what would it be? One sentence about how today feels.*

**WHAT I NEED RIGHT NOW** *What would help, even a little? What do I need more of? Less of?*

**SOMETHING TO PUT SOMEWHERE SAFE** *A worry, thought, or feeling I don't need to carry alone.*

# JAN 4 Sunday

*A soft opening. Nothing to complete, only places to begin.*

**A GENTLE CHECK-IN** *How am I feeling today, really? What's been sitting with me?*

**A FEW WORDS FOR TODAY** *If today had a headline, what would it be? One sentence about how today feels.*

**WHAT I NEED RIGHT NOW** *What would help, even a little? What do I need more of? Less of?*

**SOMETHING TO PUT SOMEWHERE SAFE** *A worry, thought, or feeling I don't need to carry alone.*

# JAN 5 Monday

*A soft opening. Nothing to complete, only places to begin.*

**A GENTLE CHECK-IN** *How am I feeling today, really? What's been sitting with me?*

**A FEW WORDS FOR TODAY** *If today had a headline, what would it be? One sentence about how today feels.*

**WHAT I NEED RIGHT NOW** *What would help, even a little? What do i need more of? Less of?*

**SOMETHING TO PUT SOMEWHERE SAFE** *A worry, thought, or feeling I don't need to carry alone.*

# JAN 6 Tuesday

*A soft opening. Nothing to complete, only places to begin.*

**A GENTLE CHECK-IN** *How am I feeling today, really? What's been sitting with me?*

**A FEW WORDS FOR TODAY** *If today had a headline, what would it be? One sentence about how today feels.*

**WHAT I NEED RIGHT NOW** *What would help, even a little? What do I need more of? Less of?*

**SOMETHING TO PUT SOMEWHERE SAFE** *A worry, thought, or feeling I don't need to carry alone.*

# JAN 7 *Wednesday*

*A soft opening. Nothing to complete, only places to begin.*

**A GENTLE CHECK-IN** *How am I feeling today, really? What's been sitting with me?*

**A FEW WORDS FOR TODAY** *If today had a headline, what would it be? One sentence about how today feels.*

**WHAT I NEED RIGHT NOW** *What would help, even a little? What do i need more of? Less of?*

**SOMETHING TO PUT SOMEWHERE SAFE** *A worry, thought, or feeling I don't need to carry alone.*

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# WEEK ONE *Reflection*

*You don't need to capture everything. A few lines is enough.*

ONE THING THAT MATTERED THIS WEEK

ONE THING THAT FELT HEAVY

ONE THING THAT HELPED

SOMETHING I'M CARRYING FORWARD

SOMETHING I CAN LET GO OF

JAN

FEB

MAR

APR

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JUN

JUL

AUG

SEP

OCT

NOV

DEC

# JANUARY *Reflection*

*A pause to look back kindly, and ahead without pressure.*

A FEW WORDS FOR THIS MONTH

SOMETHING I WANT TO REMEMBER

SOMETHING THAT SURPRISED ME

WHAT I'D LIKE MORE OF NEXT MONTH

WHAT CAN STAY AS IT IS

