# DAILY WELLNESS JOURNAL

**DATE:** .....

## MORNING ROUTINE:

- [ ] WAKE UP EARLY
- [ ] PRACTICE DEEP BREATHING FOR 5 MINUTES
- [ ] HYDRATE WITH A GLASS OF WATER
- [ ] STRETCH OR DO A QUICK YOGA SESSION

## GRATITUDE:

- [ ] I'M GRATEFUL FOR MY HEALTH
- [ ] I APPRECIATE MY LOVED ONES
- [ ] I'M THANKFUL FOR LIFE'S SIMPLE PLEASURES
- [ ] I'M GRATEFUL FOR NEW OPPORTUNITIES

## PHYSICAL ACTIVITY:

- [ ] ENGAGE IN 30 MINUTES OF EXERCISE
- [ ] TAKE SHORT WALKS OR STRETCH BREAKS
- [ ] USE THE STAIRS INSTEAD OF THE ELEVATOR
- [ ] TRACK DAILY STEPS OR DISTANCE

## MINDFULNESS:

- [ ] PRACTICE 10 MINUTES OF MEDITATION
- [ ] PRACTICE GRATITUDE JOURNALING
- [ ] TAKE A FEW MOMENTS TO BREATHE DEEPLY
- [ ] MINDFUL EATING DURING MEALS

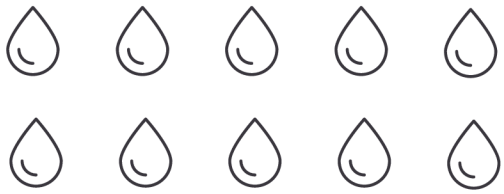
## SELF-CARE:

- [ ] SET BOUNDARIES FOR WORK AND PERSONAL TIME
- [ ] DO SOMETHING YOU ENJOY FOR AT LEAST 15 MINUTES
- [ ] TAKE SHORT BREAKS TO RELAX OR DO A QUICK HOBBY
- [ ] DISCONNECT FROM SCREENS AT LEAST AN HOUR BEFORE BED

## REFLECTION:

- [ ] REFLECT ON YOUR ACHIEVEMENTS TODAY
- [ ] NOTE ANY CHALLENGES AND HOW YOU OVERCAME THEM
- [ ] CONSIDER WHAT YOU'RE GRATEFUL FOR TODAY
- [ ] SET A SMALL WELLNESS GOAL FOR TOMORROW

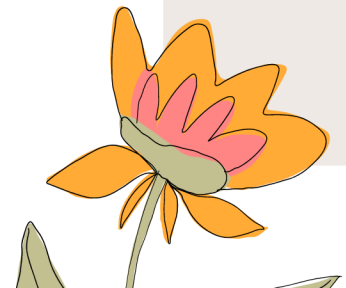
## WATER INTAKE:



## NUTRITION:

- [ ] EAT A BALANCED BREAKFAST
- [ ] PLAN HEALTHY MEALS FOR THE DAY
- [ ] SNACK ON FRUITS OR NUTS
- [ ] STAY HYDRATED THROUGHOUT THE DAY

## WELLNESS TIP OF THE DAY:



## NOTES:

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