

DAILY WELLNESS JOURNAL

TODAY'S DATE IS :

Before beginning, take a moment to center and focus your energy to the here and now. Stretch your neck or your arms or whatever part of you needs a bit of stretching. Begin to direct your focus inward, with as little judgment and as much love as possible. Thank you for doing this work!
You are loved!

Now, it's time for a body scan! Take a moment to check in with your body, starting with your toes. This is a judgement free observation. Don't spend too long on any area, just a brief assessment will do. Next, begin today's entry by writing down the areas where you noticed you were holding the most tension.

I am holding tension in my:

What is my general mood today? Choose FIVE words only.

What did I focus my energy on today?

What did I focus my attention on today?

What activities did I find easy today?

What activities did I find difficult today?

Today, I felt _____ (very/somewhat/not at all) coordinated.

Today I exercised for _____ minutes.

My total time spent doing physical work today was _____

My total time spent doing intellectual work today was _____

My total time spent doing spiritual work today was _____

One thing that brought me JOY today was:

One thing that frustrated me today was:

What was different about today than yesterday?

What felt good to accomplish today?

What would I like to accomplish tomorrow?

Today I ate: (try to make as thorough a list as possible)

Today I drank _____ glasses of water

Today I drank _____ cups of coffee

Today I drank _____ ounces of _____ alcohol

Today I ate _____ processed sweets

Today I ate _____ homemade treats

The time of day that I felt most awake and alert today was _____

and before that I had been doing _____

and thinking about _____

The time of day that I felt most sluggish and slow today was _____

and before that I had been doing _____

and thinking about _____