

Wellness Journal

MIND • BODY • SOUL

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MIND • BODY • SOUL

We all want to be healthier versions of ourselves and improve our overall well-being. Most of the time, we tend to concentrate only on the body, focusing on our physical health. While this is important, it's not the only component of wellbeing we should be improving.

To achieve lasting wellness, we need to understand the importance of the body, mind, and soul and how they work together to build our overall wellbeing. Balancing them all is necessary for a happy and fulfilled life. And in moments of crisis, it is vital for you to be vigilant in protecting that balance. All three are connected. Weakness or imbalance in one of these can negatively affect the others.

This journal was thought with the purpose of raising awareness of your body, mind, and soul in order to achieve a higher level of wellness. It is plenty of exercises, trackers, and guides that will help you reach more balance to your life.

Wellness Assessment

The Wellness Assessment is a brief survey that examines wellness over the past week. Statements such as “I’ve felt happy” and “I’ve been able to focus” are rated on a 5-point scale. The Wellness Assessment is not diagnostic. However, it can be an excellent resource for checking in, think about our week, and tracking change over time. Respond to the following statements with the past week in mind.

1. Never 2. Rarely 3. Sometimes 4. Often 5. Always

	1	2	3	4	5
I've felt happy.					
I've felt good about myself.					
I've felt relaxed.					
I've been sleeping well.					
I've been satisfied with my relationships.					
I've had healthy habits (exercise, healthy food, etc).					
I've been able to focus.					
I've made good decisions.					
I've been able to fulfill my obligations (work, school).					
I've been able to cope my negative thoughts/anxiety.					

Wellness Goals

Goals are important to create and maintain a healthy relationship with yourself as it produces positive feelings and boosts your confidence and self-esteem. Read the examples and then write down your own goals for each area. Try to think about each goal in a specific time frame or frequency.

MIND - Write down goals that allow your mind to refocus on the present moment.

- Take a walk outside every day _____
- Breathe deeply every morning _____
- Put my phone away after 7 pm _____
- Do not multitask _____

BODY - Write down goals to make sure your body is healthy, nourish, and active.

- Practice yoga once a week _____
- Eat vegetables every day _____
- Drink more water daily _____
- Sleep 8 hours every day _____

SOUL - Think of goals that stimulate the spirit and essence of who you are.

- Take a long bath every Sunday _____
- Declutter a space weekly _____
- Read a book every month _____
- Journal out my thoughts every night _____

Reframe Thoughts

Making mental shifts isn't about turning "I feel sad" into "I feel happy". There will be times when, no matter how hard you try to change your thought pattern, you can't. And during those times, it's important to remember that simply recognizing the thought, or acknowledging it is enough.

Write down your negative thought	
Is this true or useful?	What factors might be contributing?
List evidence to support it:	List evidence against it:
Try and phrase the same thought into something more realistic. Act as if you're judging the thought of a friend rather than your own thought.	

Worry Exploration

When you are worried about something, it's easy to imagine the worst thing that could possibly happen. In reality, these worries may never come true. What could happen isn't the same as what will happen. Thinking about what will happen, instead of what could happen, can help you worry less. Whenever you start to worry, answer these questions:

What is something you are worried about?

What are some clues that your worry will not come true?

If your worry does not come true, what will probably happen instead?

If your worry does come true, how will you handle it? Will you eventually be okay?

After answering these questions, how has your worry changed?

Thought Log

Thought log is used to become more aware of our irrational thoughts, feelings, behaviors, and the relationships between all three. After identifying harmful irrational thoughts you may be able to intervene, and begin changing them. When generating alternate thoughts, the goal isn't to be ultra-positive, but rather, to be fair. It's fine to acknowledge when a bad situation exists. The exaggeration of a bad situation is what we want to avoid.

<p>EVENT Describe the situation that led to unwanted emotions or behaviors. Record only the facts of what happened, without any interpretation.</p>	
<p>THOUGHTS Thoughts are like an inner monologue. They can be statements or questions.</p>	
<p>EMOTIONS Write a single word or a description of a feeling. If your feelings changed throughout the experience, describe that process.</p>	
<p>BEHAVIORS Record what you did in response to the situation.</p>	
<p>ALTERNATE THOUGHTS What's a different thought you could've had? The goal isn't to be overly positive—you just want to be fair.</p>	

Emotional Triggers

An emotional trigger is anything that sparks an intense emotional reaction, regardless of your current mood. They might include reminders of unwanted memories, uncomfortable topics, another person's words or actions, even your own behaviors. When you can manage triggers effectively, you'll find it easier to navigate tense situations without unnecessary distress. To begin exploring your triggers, think about each of the categories listed below.

EMOTIONAL STATE

PLACES

PEOPLE

SITUATIONS

THOUGHTS

ACTIVITIES

Changing Habits

1. What's your current unhealthy habit (awareness).

CUE / TRIGGER	ROUTINE / BEHAVIOR	REWARD

1.2. Write down the answers to the five questions when the CUE is activated.

Where are you?	
What time is it?	
Your emotional state?	
Who else is around?	
What action preceded?	

1.3. Experiment with REWARDS and note the actions you took.

What cravings, emotions or values does this habit fulfill? What do you get out of it?	
------------------------------------------------------------------------------------------	--

2. Create your new micro-habit (statement).

Consciously improve your cue, routine, or reward and form a new empowering and healthy micro-habit statement.

WHEN(TRIGGER)

I AM(ROUTINE)

BECAUSE(REWARD)

Mood Chart

Fill the wheel below to document your moods every month. Use 3 different colors to represent positive, negative, or neutral emotions.

POSITIVE

NEGATIVE

NEUTRAL

A circular mood chart divided into 31 segments, each labeled with a day of the month from 1 to 31. The center of the wheel contains the word "MONTH" and a horizontal line.

Year in colors

	J	F	M	A	M	J	J	A	S	O	N	D
1												
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31												

YEAR: _____

- NEUTRAL
- CALM/RELAXED
- JOYFUL
- LOVING
- HAPPY
- ENERGIZED
- PRODUCTIVE
- GRUMPY
- ANGRY
- ANXIOUS
- SAD
- STRESSED
- TIRED

Meal Planner

WEEK: 1 2 3 4 5

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

Grocery List

WEEK: 1 2 3 4 5

DAIRY

MEAT & FISH

BERVERAGES

FRUITS

VEGETABLES

BAKERY

FROZEN FOOD

PANTRY/SNACKS

OTHERS

Workouts Plan

WEEK: 1 2 3 4 5

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

Sleep Tracker

MONTH _____

HOURS OF SLEEP												
DAY	1	2	3	4	5	6	7	8	9	10	11	12
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31												

ENERGY LEVEL				
1	2	3	4	5

Water Tracker

MONTH:

1 

2 

3 

4 

5 

6 

7 

8 

9 

10 

11 

12 

13 

14 

15 

16 

17 

18 

19 

20 

21 

22 

23 

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29 

30 

31 

Weekly Habit Tracker

WEEK:	1	2	3	4	5	M	T	W	T	F	S	S

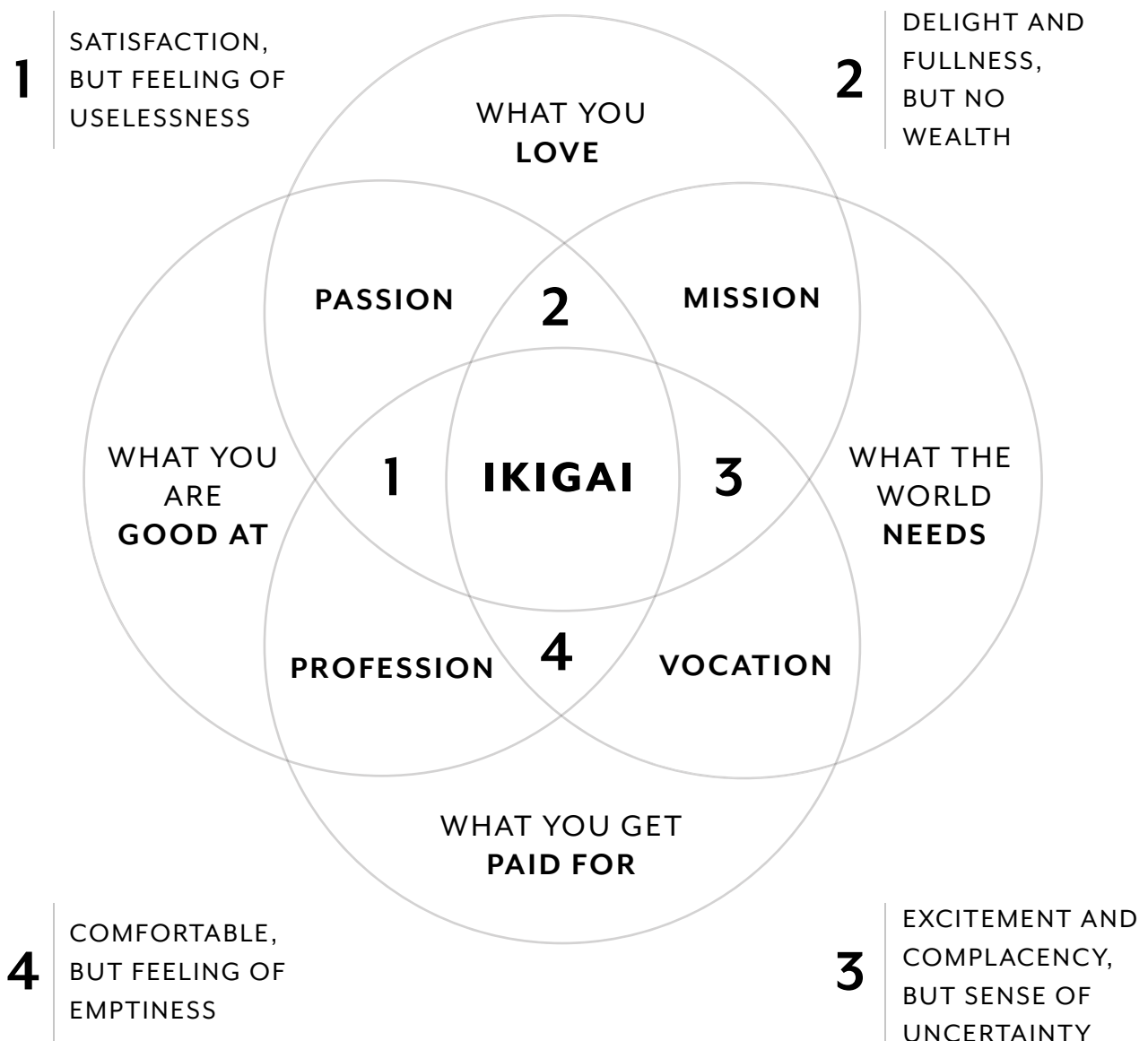
START DOING	STOP DOING	KEEP DOING

Meditation Log

DATE	MEDITATION EXERCISE	DURATION

Finding your Ikigai

The word Ikigai ("a reason for being") is a Japanese concept referring to having a direction or purpose in life, providing a sense of fulfillment to a person, and towards which they may take actions, giving them satisfaction and a sense of meaning. Everyone's Ikigai is unique: it's based on your personal history, values, beliefs, and personality. It's not linked to your status in society, or the money you earn.



Finding your Purpose

Complete each section at a time, and dive deep into your thoughts. Keep on asking yourself “what else?” until you come up with a blank. You might find some areas or questions are easier to answer than others. If you feel stuck, just move to another section and come back to it later.

PASSION: WHAT I LOVE DOING?	VOCATION: WHAT I AM GOOD AT?
MISSION: WHAT THE WORLD NEEDS?	PROFFESION: WHAT I CAN BE PAID FOR?

PASSION	MISSION
PROFESSION	VOCATION

MY IKIGAI

Strengths Exploration

People who know their strengths and use them frequently tend to have higher self-esteem, better moods, and less stress. To use your strengths effectively, it's important to have a clear idea of what they are, and how they can be used. Circle your strengths from the choices below or add your own at the bottom.

WISDOM	CURIOSITY	LEADERSHIP
EMPATHY	HONESTY	PERSISTENCE
ENTHUSIASM	KINDNESS	SOCIAL AWARENESS
FAIRNESS	BRAVERY	COOPERATION
FORGIVENESS	MODESTY	SELF CONTROL
HUMOR	AMBITION	PATIENCE
CREATIVITY	CONFIDENCE	SPIRITUALITY
OPTIMISM	DISCIPLINE	INTELLIGENCE
INDEPENDENCE	FLEXIBILITY	ADVENTUROUSNESS

Strengths Use Plan

Learning to use strengths is something anyone can achieve. In this activity, you will create a plan to use your strengths every day, for one week. You may use your strengths in either new or familiar ways. The key is to use your strengths intentionally and purposefully, rather than as part of a habit or routine. Choose five or more of your greatest strengths and for the next week, write a brief plan for using your chosen strengths. For example, if you choose “Kindness” the plan could be as simple as: “I will bring in breakfast for the office.”

DAY	STRENGTH	PLAN
1		
2		
3		
4		
5		
6		
7		

Daily Gratitude

As soon as you wake up, write 3 things you are grateful for. Get specific. It takes time to connect with the feeling behind your gratitude before moving on to the next section. Next, write down a list of 3 actions you will take today that would make your day great. Ask yourself how you want to feel at the end of the day.

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Before going to sleep, write 3 amazing things that happened during your day. Then it is time to review your day. What action(s) could you have taken today that would have made your day even better?

Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

1. _____
2. _____
3. _____

Gratitude Log

Because there's always something to be grateful for try to write every day during a month about the things you're grateful for—big or small. Go to the GUIDES section and find prompts that help you to complete a month of gratitude.

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Affirmations Log

Affirmations are positive statements that can help you to challenge and overcome self sabotaging and negative thoughts. When you repeat them often and believe in them, you can start to make positive changes. Write down your affirmations, one for each day of the week. Use positive words in the present tense and repeat them at least once per day. They should be positive, specific, relevant, and short. Go to the GUIDES section to find examples.

	MONDAY	
	TUESDAY	
	WEDNESDAY	
	THURSDAY	
	FRIDAY	
	SATURDAY	
	SUNDAY	

Worry Coping Strategies

Coping skills are a valuable tool for managing worry and rumination. These techniques can provide a distraction from rumination in the moment, or help manage long-term anxiety if used regularly.

Stop and Listen

Spend a few minutes just listening to the sounds around you. What sounds do you hear? Are they loud or soft? Pay special attention to interesting sounds you've never noticed before.

Take Deep Breaths

Breathe in slowly through your nose and hold the air in your lungs. When you are ready to release the air, put your lips together and pretend like you are blowing through a straw. Do this 20 times.

Favorite Place

Think of a place where you feel calm, comfortable, and happy. It may be a beach, a forest, your bedroom, or somewhere else. Imagine what this place looks and sounds like and imagine how good you feel when you're there.

Talk About It

Talking about your feelings is one of the most powerful ways to control them. Tell a trusted person, like a parent, friend, teacher, or counselor what you're worried about. Try using this sentence to get started: "I feel worried when ____."

Listen to Music

Enjoying your favorite music can take your mind off what's worrying you. Focus your attention on the instruments, lyrics, and voices in the song.

Get Moving

Get your energy out by being active. Play a sport, ride your bike, dance, swim, go for a walk, or run around until you're tired.

Practice a Hobby

Do any hobby that you think might distract you from your worry. Play an instrument, paint, practice a new skill, play a game, or do anything else that you enjoy.

Building New Habits

When you know how to form a new habit that's related to a goal you're working towards, then you can see yourself inching closer to success through the actions you take on a daily basis.

GET MOTIVATED

Why do you want to adopt the habit? How will your life improve once you develop this habit? What will happen if you don't?

These three questions will help you streamline your goal and maintain motivation when you need it the most. If you're a visual person, write down your answers and post them where you'll read them daily.

START SMALL

Start by setting small goals that will eventually lead you to accomplishing your end result. By focusing on manageable changes at the beginning of your transformation, habits are more likely to become automatic.

GET OTHERS ON BOARD

Tell people about the habit you're trying to adopt. The more people you tell, the more accountable you'll feel.

REALISTIC EXPECTATIONS.

Changes don't happen overnight—they happen over several weeks and months of consistent action. Remember that achieving results only comes when you create consistency.

SET REMINDERS

Consistency is key, and setting a reminder will help you build good habits.

DO IT FOR 30 DAYS

Studies show it takes 30 days to form a habit. Stay committed to your habit for a full 30 days. If it hasn't become automatic by then, try to pinpoint the challenges you're experiencing so you can try again.

TAKE ON ONE HABIT AT A TIME

Although you may feel motivated to revamp your life and change several habits at once, doing so may prevent you from adopting any of them. Focus on one good habit at a time. Once it becomes routine, take on another new habit.

REWARDS

A small reward will keep you motivated, especially on days when it's tough to stay on track. Think about how you'll reward yourself ahead of time so you have something to look forward to.

Mindfulness Meditation

The goal of mindfulness meditation is simple: to pay attention to the present moment, without judgment. However, as you practice, you'll find that this is easier said than done. During mindfulness meditation, you will focus on your breathing as a tool to ground yourself in the present moment. Normally, that your mind will wander. You'll simply bring yourself back into the moment by refocusing on your breathing, again and again. Follow the instructions below to begin practicing mindfulness meditation.

Time & Place

Aim to practice daily for 15-30 minutes. More frequent, consistent, and longer-term practice leads to the best results. However, some practice is better than no practice.

Find a time and place where you are unlikely to be interrupted. Silence your phone and other devices, and set a timer for your desired practice length.

Posture

- Sit in a chair, or on the floor with a cushion for support.
- Straighten your back, but not to the point of stiffness.
- Let your chin drop slightly, and gaze downward at a point in front of you.
- If in a chair, place the soles of your feet on the ground. If on the floor, cross your legs.
- Let your arms fall naturally to your sides, with your palms resting on your thighs.
- If your pose becomes too uncomfortable, feel free to take a break or adjust.

Awareness of Breathing

Because the sensations of breathing are always present, they are useful as a tool to help you focus on the present moment. Whenever you become distracted during meditation, turn your focus back to breathing. Notice the sensation of air as it passes through your nose or mouth, the rise and fall of your belly, and the feeling of air being exhaled, back into the world. Notice the sounds that accompany each inhalation and exhalation.

Wandering Mind

Normally, that your thoughts will wander during mindfulness meditation. At times, it might feel like a constant battle to maintain focus on your breathing. Don't worry—that's normal. Instead of struggling against your thoughts, simply notice them, without judgment. Acknowledge that your mind has wandered, and return your attention to breathing. Expect to repeat this process again and again.

Gratitude Prompts

Instead of thinking of random gratitudes each day, try to use these categories:

- Relationships: An old relationship that helped you
- An opportunity that you have today
- Something great that happened or you saw yesterday
- Something simple near you (clouds outside, the pen you are holding, etc)

Having a day where you select a "category" helps generate gratitude ideas more quickly. Taking the categories one layer deeper, here are example prompts to get your mind going.

RELATIONSHIPS:

- What is an old relationship I am grateful for?
- What qualities do I appreciate in a co-worker?
- What is one quality I admire about my partner?
- What positive quality have I picked up from my friend?
- What positive quality have I picked up from my mom?
- What positive quality have I picked up from my dad?
- What do I admire about the employees at the places I frequent?
- What positive quality do I really admire about myself?
- What positive qualities of a role model do I value?
- How can a perceived weakness of mine also be a strength?

TODAY'S OPPORTUNITIES

- What is one thing I am looking forward to today?
- What is an opportunity I have today that most people don't that I can appreciate?
- What one thing (within my control) would make today great?
- What is something I am better at today than I was yesterday?
- What can I appreciate about today's weather (in a non-cynical way)?
- What is one thing I appreciate about my health?
- What positive quality can I find within something I think will suck today?
- What do I appreciate about the career skills I have today?
- What can I appreciate/accept of my financial situation?
- What can I appreciate about my appearance today?

Gratitude Prompts

PAST OPPORTUNITIES

- What is one good thing that happened during the day?
- What obstacle have I overcome that I appreciate about myself?
- What did I appreciate about a former job?
- What do I admire about my childhood?
- What is a past experience that felt bad at the time that I can appreciate now?
- What am I grateful for that I learned in school?
- What is one thing I appreciate about my ancestors that allowed me to live the life I have?
- What do I appreciate about the food I ate (or didn't eat) today?
- What sight did I see yesterday that I found enjoyable?
- What scent did I smell yesterday that I found enjoyable?

OTHER THINGS

- Pick one object you love. What do you love about it?
- What do I appreciate about the home I live in?
- What do I appreciate about the city I live in?
- What do I appreciate about the country I live in?
- What do I appreciate about the restaurants I frequent?
- What is one piece of clothing I appreciate?
- What do I appreciate about the music I listen to?
- What is one thing I appreciate about my body?
- What food do I really appreciate and why?
- What type of art do I appreciate and why?

Affirmations

The following presents a broad spectrum of different affirmations that can be applied in various kinds of situations.

The 30 Most Powerful Affirmations

1. I am the architect of my life. I am the creator of my reality.
2. I accept and love myself just the way I am.
3. I am supported and loved by God (or: the Creator/Universe/etc.)
4. I am surrounded by abundance.
5. I am healthy, energetic and optimistic.
6. I am overflowing with happiness, joy and satisfaction.
7. My body is relaxed. My mind is calm. My soul is at peace.
8. I can achieve whatever I desire.
9. I transcend negativity.
10. I can achieve greatness.
11. Everything happens for a reason. Everything leads to something positive.
12. I am forgiving. My compassion replaces anger with love.
13. I can conquer all the challenges I am confronted with.
14. I am becoming more confident and stronger each day.
15. My potential to succeed is infinite.
16. I am becoming more knowledgeable and wiser with each day.
17. I am creative and bursting with brilliant ideas.
18. I am courageous and overcome my fears by confronting them.
19. I am at peace with my past.
20. I radiate love, happiness, grace and positivity
21. I am patient, diplomatic and tolerant.
22. I am grateful for the wonders in my life.
23. The universe supports me in every possible way.
24. Every experience in my life helps me to grow.
25. Today I lay the foundation for a wonderful future.
26. I am safe and protected by divinity.
27. I speak kindly of others.
28. Everything I seek can be found within.
29. I set myself free by forgiving myself.
30. I am significant. I contribute to the advancement of humankind.

Affirmations

Affirmations for Self-Esteem

- 31. I love myself and feel great about myself.
- 32. I accept myself unconditionally.
- 33. I see problems as interesting challenges.
- 34. I radiate confidence.
- 35. Challenges bring out the best in me.

Self-Confidence Affirmations

- 36. I have confidence in my abilities and skills.
- 37. I make sound decisions.
- 38. I am bold and courageous.
- 39. I face difficulty with courage.
- 40. I am worthy of happiness and love.

Love Affirmations

- 41. My heart is always open. I am kind to every person I meet.
- 42. I am surrounded by love. I attract kind people.
- 43. I love unconditionally and without hesitation.
- 44. I deserve love. I am loved and appreciated by those around me.
- 45. Everywhere I go, I am accompanied by love.

Relationship Affirmations

- 46. Love, forgiveness and understanding are the very foundation of my relationship.
- 47. I give and receive love equally.
- 48. I accept my partner unconditionally.
- 49. I am treasured for who I am.
- 50. My marriage/relationship is becoming stronger, deeper and more loving with every day.

Money and Wealth Affirmations

- 51. I attract money effortlessly and easily.
- 52. I continuously discover new avenues of income.
- 53. I am open to all the wealth life has to offer.
- 54. I use money to better other people's lives.
- 55. I attract lucrative opportunities to create money.

Affirmations

Prosperity and Abundance Affirmations

- 56. I see abundance everywhere.
- 57. I am becoming more and more prosperous every day.
- 58. Life takes care of all my needs.
- 59. My life is full of prosperity.
- 60. I deserve abundance and prosperity.

Health Affirmations

- 61. Every day I'm getting healthier.
- 62. I am full of vitality.
- 63. I take good care of my body and eat a healthy, well-balanced diet.
- 64. My body is a holy temple. I keep it clean and maintain its functionality.
- 65. I exercise regularly and strengthen my body.

Business Affirmations

- 66. My work/business makes a profound difference in this world.
- 67. I am building a successful business.
- 68. I create value with my service. My business is a gift to this world.
- 69. I am savvy about business.
- 70. Each failure has made me a better businessman/businesswoman.

Spiritual Affirmations

- 71. The divine guides all my actions.
- 72. I am a spiritual being that is divinely guided.
- 73. I am in alignment with the universe.
- 74. God's grace and love are working through me.
- 75. I see myself and the spark of divinity in others.

Affirmations for hope: When you feel hopeless

- 76. Everything leads to something better.
- 77. I am able to find positivity in every situation.
- 78. I am able to find optimistic ways of dealing with difficulties.
- 79. There is good to be found in every situation, even if I may not see it at the moment.
- 80. There is always another way. There is always a solution to my problems.

Affirmations

Affirmations for tranquility: When you are angry

- 81. I stay calm in frustrating situations.
- 82. I forgive others for their mistakes.
- 83. I forgive myself for all my mistakes, failures, and shortcomings.
- 84. I let go of anger. It helps me to meet better decisions and see things more clearly.
- 85. Compassion and understanding help me to overcome anger.

Affirmations for calmness: When you are afraid or nervous

- 86. My intuition and inner wisdom guide me in every situation
- 87. Life always wants the best for me.
- 88. The challenges I'm confronted with are growth opportunities.
- 89. Every time I exhale, I breathe out tensions and anxieties.
- 90. Every situation serves my highest good.

Affirmations for overcoming loneliness: When you feel lonely

- 91. I am a kind and unique person. I have a lot to offer in a friendship.
- 92. I enjoy my own company, it helps me to get in touch with my true self.
- 93. Solitude helps me rejuvenate.
- 94. I am at peace and happy when I'm alone.
- 95. I can always brighten another person's day by doing something with them.

Affirmations for decision-making: When you feel unsure about a decision

- 96. My intuition and wisdom guide me in the right direction.
- 97. I have faith in myself. I am able to meet the best decision possible.
- 98. I have confidence in my decisions.
- 99. Even if I meet the wrong decision, it will always lead me somewhere positive.
- 100. I need responsible decisions and consider how they affect other people.