

Daily Wellness Journal

Date: ___ / ___ / ___

Today I am feeling: _____ Intensity of feeling (0-10): _____

Gratitude practice / Today, I am grateful for:

- _____
- _____
- _____

Get active / Today I tried:

- Fitness challenge
- Walk, run, bike
- Virtual dance class
- _____
- _____
- _____

Relaxation strategies / Today I practiced:

- Deep breathing
- Visual imagery
- Mindfulness - 5 senses
- Favorite mindfulness activity
- _____
- _____

Cope with worried thoughts / Today I used these steps:

- Identify a worried thought
- Examine the facts OR examine the helpfulness
- Brainstorm believable, but less worried thoughts

Stay in touch / Today I connected with:

- _____
- _____
- _____

Today's messages of hope, kindness, or compassion:
