

# 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
- \_\_\_\_\_
- \_\_\_\_\_

**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 acceptance, compassion, or hope:**