



WEEKLY WELLNESS JOURNAL



MONDAY



--/--/----

TODAY I AM FEELING...

MIND
YOUR SOUL

MY HIGHLIGHT OF TODAY WAS...

TOMORROW I AM **LOOKING FORWARD TO**...

Listen to your favourite music

TUESDAY



--/--/----

TODAY I AM FEELING...

MIND
YOUR SOUL

MY HIGHLIGHT OF TODAY WAS...

TOMORROW I AM **LOOKING FORWARD TO**...

Why not call a friend and family member?

WEDNESDAY



--/--/----

TODAY I AM FEELING...

MIND
YOUR SOUL

MY HIGHLIGHT OF TODAY WAS...

TOMORROW I AM **LOOKING FORWARD TO**...

Watch your favourite movie

THURSDAY



--/--/----

TODAY I AM FEELING...

MIND
YOUR SOUL

MY HIGHLIGHT OF TODAY WAS...

TOMORROW I AM **LOOKING FORWARD TO**...

Go and take yourself out on a walk



WEEKLY WELLNESS JOURNAL



FRIDAY



--/--/----

TODAY I AM FEELING...

MIND
YOUR SOUL

MY HIGHLIGHT OF TODAY WAS...

TOMORROW I AM **LOOKING FORWARD TO**...

Go outside and take a deep breath of fresh air

SATURDAY



--/--/----

TODAY I AM FEELING...

MIND
YOUR SOUL

MY HIGHLIGHT OF TODAY WAS...

TOMORROW I AM **LOOKING FORWARD TO**...

Draw a picture that makes you smile

SUNDAY



--/--/----

TODAY I AM FEELING...

MIND
YOUR SOUL

MY HIGHLIGHT OF TODAY WAS...

TOMORROW I AM **LOOKING FORWARD TO**...

Put your feet up!

TIME TO REFLECT

MY WEEK HAS BEEN...

MIND
YOUR SOUL