The Journey to Wellness

Big planner

Monthly focus planner

Weekly day-to-day plan

To-do list

Daily, weekly & monthly reflection log

Goal setting

Daily schedule & plan

Habit builder & Tracker

Journey to Wellness

Monthly Focus



January

February

March

April

May

June

Journey to Wellness



Monthly Focus

July

August

September

October

November

December

Journey to Wellness

Weekly plan

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Journey to Wellness

To - do List

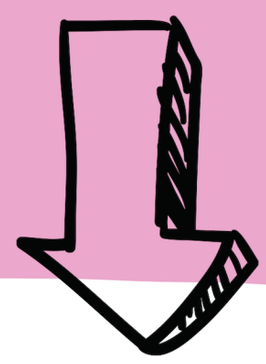
I can do hard things!

Yearly Intentions



Journey to Wellness

Wellness Reminders



Action comes before motivation

Readiness is not a feeling, it is a decision

You have survived every hard
thing you have ever been through

Not all thoughts are true

You deserve to look after yourself

Things do not need to be perfect

One small step at a time

Date:

Daily Reflections

Journey to Wellness

My mood today...

0%

100%

Down in the dumps

High as a kite

What went well...

What didn't work out...

What did I do to support my mental health?

What do I need to focus on for tomorrow?

A glimmering moment from today was...

Weekly Reflections

Journey to Wellness

This weeks wins...

This weeks challenges...

3 words to sum up my week:

1.

2.

3.

Tasks for next week...

This week I am most grateful for...

Monthly Reflections

Month:

Things to...

Start doing...

Keep doing...

Stop doing...

Challenges and lessons learned

Monthly highlights...

Next month i'll focus on...

Journey to Wellness

6 - Monthly Goals

Things I want to achieve in the next 6 months...

Action plan overview:

Month by month tasks/focus:

Month 1

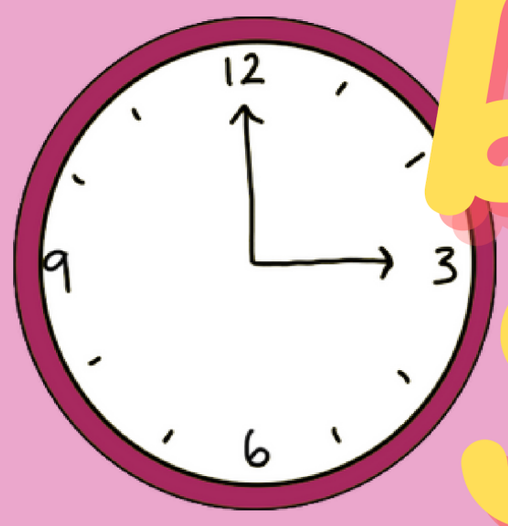
Month 2

Month 3

Month 4

Month 5

Month 6



Daily Schedule

6:00 AM

6:30 AM

7:00 AM

7:30 AM

8:00 AM

8:30 AM

9:00 AM

9:30 AM

10:00 AM

10:30 AM

11:00 AM

11:30 AM

12:00 PM

12:30 PM

1:00 PM

1:30 PM

2:00 PM

2:30 PM

3:00 PM

3:30 PM

4:00 PM

4:30 PM

5:00 PM

5:30 PM

6:00 PM

6:30 PM

7:00 PM

7:30 PM

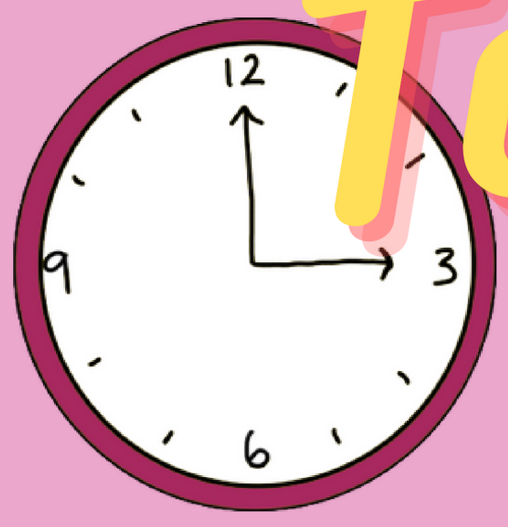
8:00 PM

8:30 PM

9:00 PM

9:30 PM

10:00 PM



Todays plan

6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
12:00 PM
12:30 PM
1:00 PM
1:30 PM
2:00 PM
2:30 PM
3:00 PM
3:30 PM
4:00 PM
4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
8:00 PM
8:30 PM
9:00 PM
9:30 PM
10:00 PM

Todays focus:

To-do list:

Non-negotiable list:

Journey to Wellness

Habit Builder

The top 3 habits I want to build...

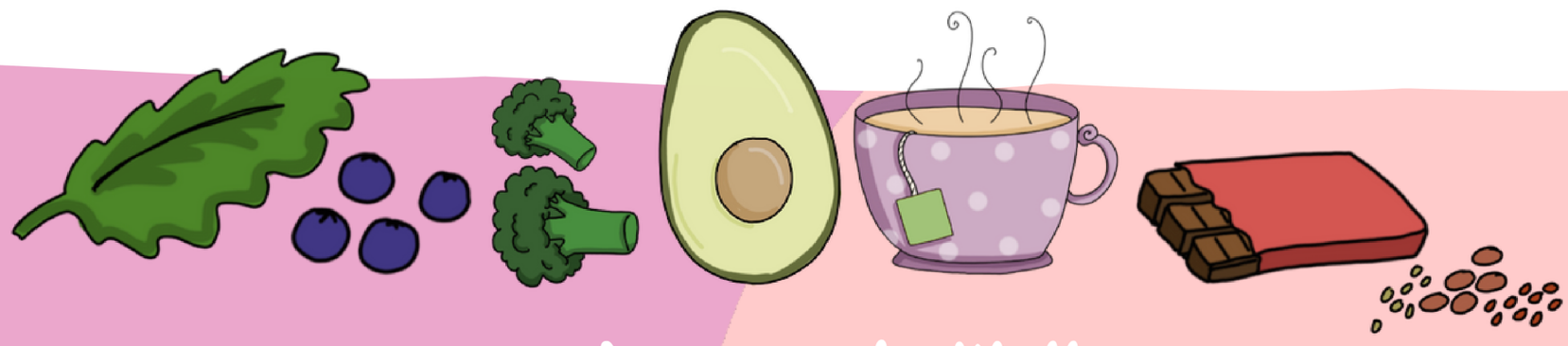
1.

2.

3.

The reason these are important to me...

The changes I hope these habits will make in my life...

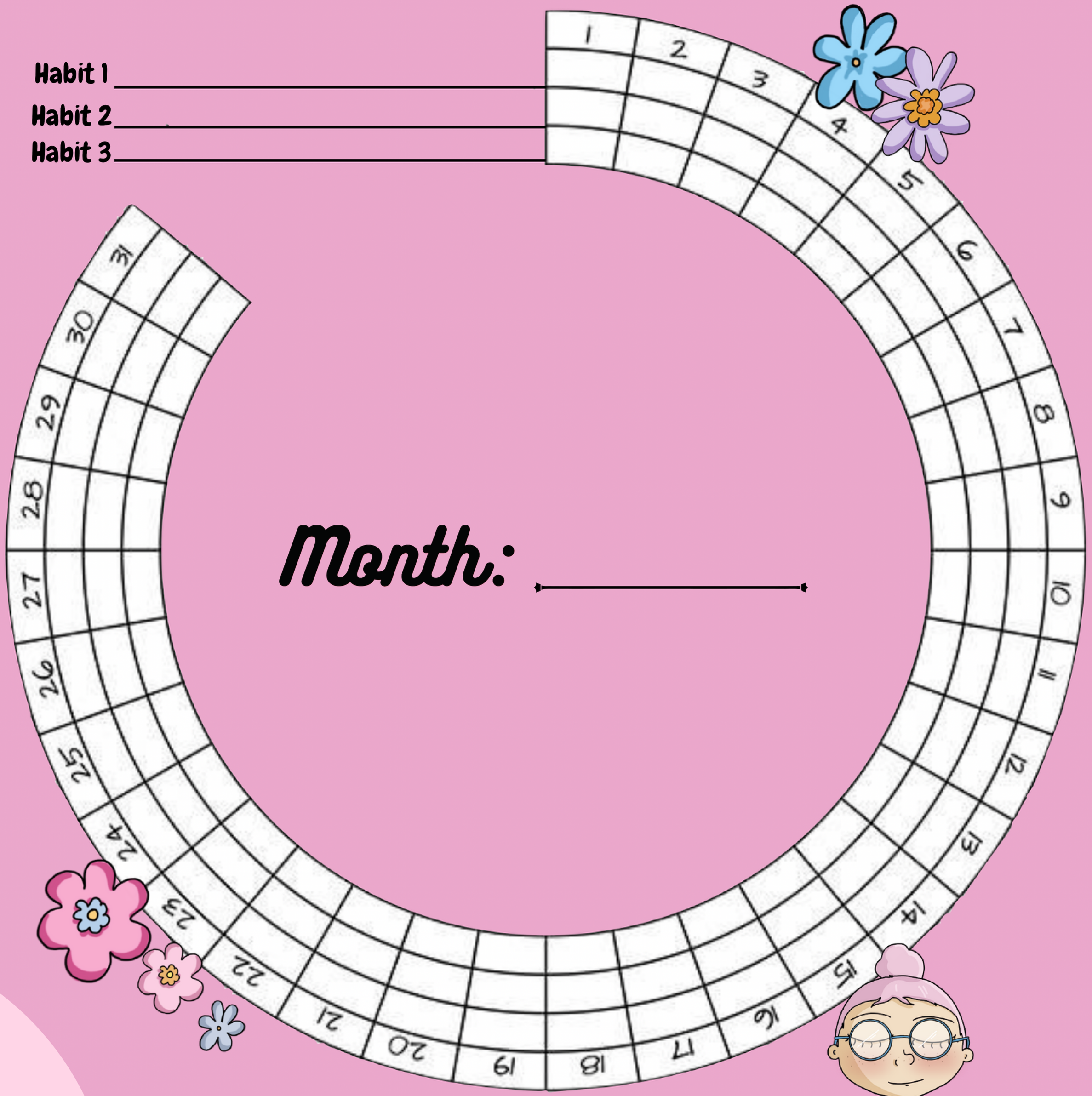


Habit Tracker

Habit 1 _____

Habit 2 _____

Habit 3 _____



Month: _____

Journey to Wellness