Wellness Journal

A journaling and tracking tool — not medical advice, not a diagnosis, just a clearer picture of your own days.

Use what helps: track habits, sleep and mood for a month and patterns jump off the page. Write honestly; nobody grades this.

Habit Tracker — month: _____

Habit \ day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Pick 3–5 habits max. A half-full tracker you actually use beats a perfect one you abandon.

Mood & Sleep Log

Date	Sleep (hrs)	Mood 1–10	Energy 1–10	What was different about today?

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Date	Sleep (hrs)	Mood 1–10	Energy 1–10	What was different about today?

Gratitude — today I'm grateful for…

1.

2.

3.

4.

5.

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4.

5.

Self-Care Menu

For the days you can't think what would help. Tick what works; add your own.

- [ ] A walk outside, no phone
- [ ] Call or text a friend
- [ ] Hot shower or bath
- [ ] Make a proper meal
- [ ] 20 minutes of a hobby, not a screen
- [ ] Tidy one small space
- [ ] Music + stretch
- [ ] Write it out in this journal
- [ ] Early night — screens off an hour before bed
- [ ] Say no to one thing
- [ ] Get sunlight before noon
- [ ] Drink a full glass of water

30 Days of Prompts — days 1–10

Day 1: What's one small thing that went right today?

Day 2: What would I say to a friend in my situation?

Day 3: What's taking up space in my head? Write it, then close the book on it for tonight.

Day 4: One thing my body did well today:

Day 5: What do I need more of this week? Less of?

Day 6: A memory that still makes me smile:

Day 7: What's one thing I can let go of?

Day 8: Describe your perfect ordinary day.

Day 9: What am I avoiding, and what's the tiniest first step?

Day 10: Three things I like about where I live:

30 Days of Prompts — days 11–20

Day 11: What did I learn this week?

Day 12: Who makes my life better, and have I told them?

Day 13: What's worth doing badly?

Day 14: If this week repeated for a year, where would I land? What would I change?

Day 15: One compliment I can honestly give myself:

Day 16: What does rest actually look like for me?

Day 17: The best part of today, in detail:

Day 18: What would make tomorrow 10% better?

Day 19: A hard thing I survived — and what it taught me:

Day 20: What am I looking forward to, however small?

30 Days of Prompts — days 21–30

Day 21: Write a letter to next-month me.

Day 22: What's one boundary I need, and how do I say it kindly?

Day 23: Money: one thing going well, one thing to fix:

Day 24: What does my ideal morning look like?

Day 25: A song, food and place that feel like home:

Day 26: What can I finish in 10 minutes right now?

Day 27: If I trusted myself fully, what would I do next?

Day 28: Three wins from this month, any size:

Day 29: What do I want to feel more of?

Day 30: Free write — no prompt, no rules. Fill the page.

Weekly Reset

What DID get done this week (start here — always)

- ☐
- ☐
- ☐
- ☐
- ☐

What drained me / what gave me energy

One small intention for next week

Weekly Reset

What DID get done this week (start here — always)

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

What drained me / what gave me energy

One small intention for next week