WEB PIXEL

WELLNESS

Journal

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This journal belongs to

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WEEKLY REFLECTION YEARLY REFLECTION WELLNESS CHART JOURNAL PROMPTS



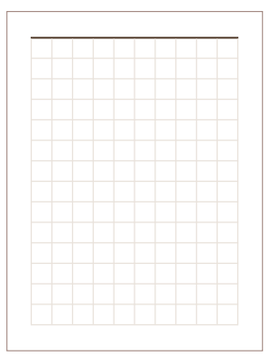
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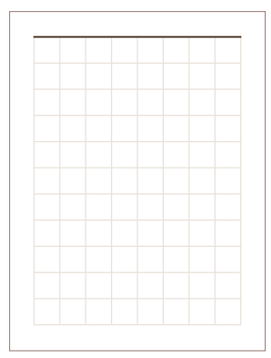
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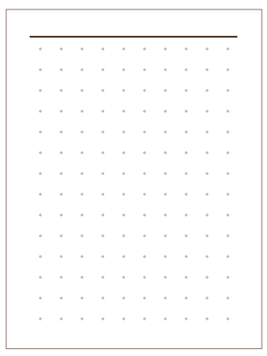
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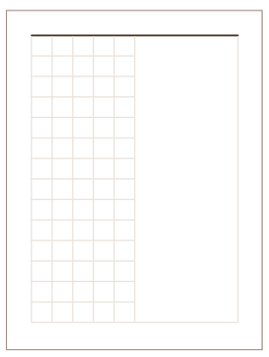
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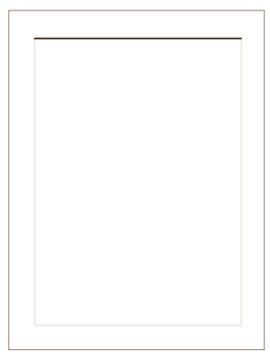
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BE-ing in a Box

Bold. Empowered. Eudaimonic.

Welcome to BE-ing in a Box – a 52-week well-being journey inspired by the ancient Greek principle of eudaimonia, which means human flourishing. This program is designed for modern teams who want to thrive – not just survive. Through one meaningful micro-challenge per week, we invite you to move, reflect, nourish, and rest with intention. Delivered via WhatsApp and rooted in the five pillars of well-being, this is your toolkit for becoming bold, empowered, and deeply connected to your sense of BE-ing.

Movement (Weeks 1–10)

Stand Up Start Up – Stretch hourly for one workday
Walk & Talk – Take one meeting on foot this week
The Power Hour – Move for 60 minutes total this week
Park Further – Choose the farthest parking spot
Lunch Loop – Take a 10-min walk after lunch each day
Stairway to Health – Use the stairs all week
Screen-Free Strides – Move during screen breaks
Move 3 Before 3 – 3 mins of movement before 3pm daily
Music Moves Me – Dance to 1 song each day
Stride Revive Wellness Walk – Organise or join a team walk (in-person or virtual) and share a photo or reflection

Mindset (Weeks 11–20)

Gratitude Game – Write 3 things you're grateful for
Affirmation Station – Say one positive affirmation daily
No Complaints Challenge – Avoid complaining for one day
Mindset Reset – Flip 1 negative thought each day
Your 90-Year-Old Self – Write a note from future you
Digital Declutter – Unfollow 5 draining accounts
Mirror Talk – Compliment yourself each morning
Reframe It – Reframe one personal challenge
Joy List – List 10 things that bring you joy
Kindness Ripple – Do a random act of kindness

Nutrition (Weeks 21–30)

Hydration Nation – 8 glasses of water daily
Swap It Out – Make one healthy food swap
Fruit First – Eat fruit first at one meal daily
Sugar Check – Read the label before snacking
Mindful Meal – Eat one meal without distractions
Try a Rainbow – Eat 5 colors in a day
Plant-Powered Day – Go plant-based for one day
Snack Stack – Prep healthy snacks this week
Kitchen Curiosity – Try a new recipe
Slow it Down – Chew each bite 15+ times

STRIDE REVIVE

Sleep (Weeks 31–40)

Digital Sunset – No screens 30 mins before bed
Sleep Sanctuary – Improve your sleep space
Same Time Sleep – Consistent bedtime all week
Caffeine Curfew – No caffeine after 2pm
Wind-Down Routine – Create a 3-step bedtime routine
Gratitude Before Sleep – Reflect nightly
Breathe into Bed – Try 4-7-8 breathing before sleep
Lights Out Challenge – In bed by 10pm twice this week
Alarm Audit – Choose a gentler wake-up sound
Track Your Sleep – Notice patterns in a journal

Mindfulness (Weeks 41–50)

Box Breathing – Practice for 2 minutes daily
Silent Start – Begin your day with 3 minutes of silence
Nature Noticing – Observe 3 things outside
Tech Timeout – 1 hour tech-free per day
Savor the Sip – Drink a hot drink mindfully
One-Task Focus – No multitasking today
Headspace Moment – Try a 5-min meditation
Mindful Walk – Walk slowly and notice your breath
Gratitude Pause – Say thank you once daily
Declutter a Drawer – Clear physical space mindfully

Flex Weeks (51–52)

Reset Week – Repeat your favorite past challenge or revisit your favorite pillar
Gratitude Celebration + Final Stride Revive Walk – Celebrate with a team walk and share your top 3 wins

JANUARY

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

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JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

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TODAY I AM FEELING...

TODAY'S AFFIRMATION

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THOUGHTS & REFLECTIONS

WWW.WEBPIXEL.UK

MONTHLY REFLECTION

JANUARY

MENTAL & EMOTIONAL	☆	☆	☆	☆	☆
HEALTH & FITNESS	☆	☆	☆	☆	☆
RELATIONSHIPS	☆	☆	☆	☆	☆
SPIRITUALITY	☆	☆	☆	☆	☆
FAMILY LIFE	☆	☆	☆	☆	☆
SOCIAL LIFE	☆	☆	☆	☆	☆
CAREER	☆	☆	☆	☆	☆
FINANCES	☆	☆	☆	☆	☆
FUN & RECREATION	☆	☆	☆	☆	☆

HIGHLIGHT OF THE MONTH

MY OVERALL RATING OF THIS MONTH

1 2 3 4 5 6 7 8 9 10

LESSONS I LEARNED

1.

2.

3.

GRATEFUL FOR

1.

2.

3.

What went well this month?

What didn't go so well?

In which areas did I see personal growth, and where do I want to improve?

What are the habits I want to continue doing or change for next month to take better care of myself?

THOUGHTS

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FEBRUARY

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THOUGHTS & REFLECTIONS

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JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

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TODAY I AM FEELING...

TODAY'S AFFIRMATION

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THOUGHTS & REFLECTIONS

MONTHLY REFLECTION

FEBRUARY

MENTAL & EMOTIONAL	☆ ☆ ☆ ☆ ☆
HEALTH & FITNESS	☆ ☆ ☆ ☆ ☆
RELATIONSHIPS	☆ ☆ ☆ ☆ ☆
SPIRITUALITY	☆ ☆ ☆ ☆ ☆
FAMILY LIFE	☆ ☆ ☆ ☆ ☆
SOCIAL LIFE	☆ ☆ ☆ ☆ ☆
CAREER	☆ ☆ ☆ ☆ ☆
FINANCES	☆ ☆ ☆ ☆ ☆
FUN & RECREATION	☆ ☆ ☆ ☆ ☆

HIGHLIGHT OF THE MONTH

MY OVERALL RATING OF THIS MONTH

1 2 3 4 5 6 7 8 9 10

LESSONS I LEARNED

1.

2.

3.

GRATEFUL FOR

1.

2.

3.

What went well this month?

What didn't go so well?

In which areas did I see personal growth, and where do I want to improve?

What are the habits I want to continue doing or change for next month to take better care of myself?

THOUGHTS

MARCH

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THOUGHTS & REFLECTIONS

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JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

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TODAY I AM FEELING...

TODAY'S AFFIRMATION

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THOUGHTS & REFLECTIONS

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MONTHLY REFLECTION

MARCH

MENTAL & EMOTIONAL	☆ ☆ ☆ ☆ ☆
HEALTH & FITNESS	☆ ☆ ☆ ☆ ☆
RELATIONSHIPS	☆ ☆ ☆ ☆ ☆
SPIRITUALITY	☆ ☆ ☆ ☆ ☆
FAMILY LIFE	☆ ☆ ☆ ☆ ☆
SOCIAL LIFE	☆ ☆ ☆ ☆ ☆
CAREER	☆ ☆ ☆ ☆ ☆
FINANCES	☆ ☆ ☆ ☆ ☆
FUN & RECREATION	☆ ☆ ☆ ☆ ☆

HIGHLIGHT OF THE MONTH

MY OVERALL RATING OF THIS MONTH

1 2 3 4 5 6 7 8 9 10

LESSONS I LEARNED

1.

2.

3.

GRATEFUL FOR

1.

2.

3.

What went well this month?

What didn't go so well?

In which areas did I see personal growth, and where do I want to improve?

What are the habits I want to continue doing or change for next month to take better care of myself?

THOUGHTS

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THOUGHTS & REFLECTIONS

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JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

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TODAY I AM FEELING...

TODAY'S AFFIRMATION

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INTENTIONS FOR TODAY

I AM GRATEFUL FOR...

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SELF-CARE ROUTINE

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WELLNESS GOALS

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THOUGHTS & REFLECTIONS

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MONTHLY REFLECTION

APRIL

MENTAL & EMOTIONAL	☆	☆	☆	☆	☆
HEALTH & FITNESS	☆	☆	☆	☆	☆
RELATIONSHIPS	☆	☆	☆	☆	☆
SPIRITUALITY	☆	☆	☆	☆	☆
FAMILY LIFE	☆	☆	☆	☆	☆
SOCIAL LIFE	☆	☆	☆	☆	☆
CAREER	☆	☆	☆	☆	☆
FINANCES	☆	☆	☆	☆	☆
FUN & RECREATION	☆	☆	☆	☆	☆

HIGHLIGHT OF THE MONTH

MY OVERALL RATING OF THIS MONTH

1 2 3 4 5 6 7 8 9 10

LESSONS I LEARNED

1.

2.

3.

GRATEFUL FOR

1.

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3.

What went well this month?

What didn't go so well?

In which areas did I see personal growth, and where do I want to improve?

What are the habits I want to continue doing or change for next month to take better care of myself?

THOUGHTS

MAY

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

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

TODAY I AM FEELING...

TODAY'S AFFIRMATION

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THOUGHTS & REFLECTIONS

WWW.WEBPIXEL.UK

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

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TODAY I AM FEELING...

TODAY'S AFFIRMATION

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THOUGHTS & REFLECTIONS

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MONTHLY REFLECTION

MAY

MENTAL & EMOTIONAL	☆	☆	☆	☆	☆
HEALTH & FITNESS	☆	☆	☆	☆	☆
RELATIONSHIPS	☆	☆	☆	☆	☆
SPIRITUALITY	☆	☆	☆	☆	☆
FAMILY LIFE	☆	☆	☆	☆	☆
SOCIAL LIFE	☆	☆	☆	☆	☆
CAREER	☆	☆	☆	☆	☆
FINANCES	☆	☆	☆	☆	☆
FUN & RECREATION	☆	☆	☆	☆	☆

HIGHLIGHT OF THE MONTH

MY OVERALL RATING OF THIS MONTH

1 2 3 4 5 6 7 8 9 10

LESSONS I LEARNED

1.

2.

3.

GRATEFUL FOR

1.

2.

3.

What went well this month?

What didn't go so well?

In which areas did I see personal growth, and where do I want to improve?

What are the habits I want to continue doing or change for next month to take better care of myself?

THOUGHTS

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THOUGHTS & REFLECTIONS

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JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

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TODAY I AM FEELING...

TODAY'S AFFIRMATION

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THOUGHTS & REFLECTIONS

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MONTHLY REFLECTION

JUNE

MENTAL & EMOTIONAL	☆ ☆ ☆ ☆ ☆
HEALTH & FITNESS	☆ ☆ ☆ ☆ ☆
RELATIONSHIPS	☆ ☆ ☆ ☆ ☆
SPIRITUALITY	☆ ☆ ☆ ☆ ☆
FAMILY LIFE	☆ ☆ ☆ ☆ ☆
SOCIAL LIFE	☆ ☆ ☆ ☆ ☆
CAREER	☆ ☆ ☆ ☆ ☆
FINANCES	☆ ☆ ☆ ☆ ☆
FUN & RECREATION	☆ ☆ ☆ ☆ ☆

HIGHLIGHT OF THE MONTH

MY OVERALL RATING OF THIS MONTH

1 2 3 4 5 6 7 8 9 10

LESSONS I LEARNED

1.

2.

3.

GRATEFUL FOR

1.

2.

3.

What went well this month?

What didn't go so well?

In which areas did I see personal growth, and where do I want to improve?

What are the habits I want to continue doing or change for next month to take better care of myself?

THOUGHTS

JULY

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THOUGHTS & REFLECTIONS

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WELLNESS GOALS

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THOUGHTS & REFLECTIONS

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JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

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TODAY I AM FEELING...

TODAY'S AFFIRMATION

MY MOOD ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆

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THOUGHTS & REFLECTIONS

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MONTHLY REFLECTION

JULY

MENTAL & EMOTIONAL	☆ ☆ ☆ ☆ ☆
HEALTH & FITNESS	☆ ☆ ☆ ☆ ☆
RELATIONSHIPS	☆ ☆ ☆ ☆ ☆
SPIRITUALITY	☆ ☆ ☆ ☆ ☆
FAMILY LIFE	☆ ☆ ☆ ☆ ☆
SOCIAL LIFE	☆ ☆ ☆ ☆ ☆
CAREER	☆ ☆ ☆ ☆ ☆
FINANCES	☆ ☆ ☆ ☆ ☆
FUN & RECREATION	☆ ☆ ☆ ☆ ☆

HIGHLIGHT OF THE MONTH

MY OVERALL RATING OF THIS MONTH

1 2 3 4 5 6 7 8 9 10

LESSONS I LEARNED

1.

2.

3.

GRATEFUL FOR

1.

2.

3.

What went well this month?

What didn't go so well?

In which areas did I see personal growth, and where do I want to improve?

What are the habits I want to continue doing or change for next month to take better care of myself?

THOUGHTS

AUGUST

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THOUGHTS & REFLECTIONS

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JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

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TODAY I AM FEELING...

TODAY'S AFFIRMATION

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THOUGHTS & REFLECTIONS

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MONTHLY REFLECTION

AUGUST

MENTAL & EMOTIONAL	☆ ☆ ☆ ☆ ☆
HEALTH & FITNESS	☆ ☆ ☆ ☆ ☆
RELATIONSHIPS	☆ ☆ ☆ ☆ ☆
SPIRITUALITY	☆ ☆ ☆ ☆ ☆
FAMILY LIFE	☆ ☆ ☆ ☆ ☆
SOCIAL LIFE	☆ ☆ ☆ ☆ ☆
CAREER	☆ ☆ ☆ ☆ ☆
FINANCES	☆ ☆ ☆ ☆ ☆
FUN & RECREATION	☆ ☆ ☆ ☆ ☆

HIGHLIGHT OF THE MONTH

MY OVERALL RATING OF THIS MONTH

1 2 3 4 5 6 7 8 9 10

LESSONS I LEARNED

1.

2.

3.

GRATEFUL FOR

1.

2.

3.

What went well this month?

What didn't go so well?

In which areas did I see personal growth, and where do I want to improve?

What are the habits I want to continue doing or change for next month to take better care of myself?

THOUGHTS

SEPTEMBER

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

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

TODAY I AM FEELING...

TODAY'S AFFIRMATION

MY MOOD ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆

HOURS SLEPT ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

INTENTIONS FOR TODAY

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THOUGHTS & REFLECTIONS

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THOUGHTS & REFLECTIONS

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THOUGHTS & REFLECTIONS

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JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

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TODAY I AM FEELING...

TODAY'S AFFIRMATION

MY MOOD ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆

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THOUGHTS & REFLECTIONS

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MONTHLY REFLECTION

SEPTEMBER

MENTAL & EMOTIONAL	☆ ☆ ☆ ☆ ☆
HEALTH & FITNESS	☆ ☆ ☆ ☆ ☆
RELATIONSHIPS	☆ ☆ ☆ ☆ ☆
SPIRITUALITY	☆ ☆ ☆ ☆ ☆
FAMILY LIFE	☆ ☆ ☆ ☆ ☆
SOCIAL LIFE	☆ ☆ ☆ ☆ ☆
CAREER	☆ ☆ ☆ ☆ ☆
FINANCES	☆ ☆ ☆ ☆ ☆
FUN & RECREATION	☆ ☆ ☆ ☆ ☆

HIGHLIGHT OF THE MONTH

MY OVERALL RATING OF THIS MONTH

1 2 3 4 5 6 7 8 9 10

LESSONS I LEARNED

1.

2.

3.

GRATEFUL FOR

1.

2.

3.

What went well this month?

What didn't go so well?

In which areas did I see personal growth, and where do I want to improve?

What are the habits I want to continue doing or change for next month to take better care of myself?

THOUGHTS

OCTOBER

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THOUGHTS & REFLECTIONS

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JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

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THOUGHTS & REFLECTIONS

WWW.WEBPIXEL.UK

MONTHLY REFLECTION

OCTOBER

MENTAL & EMOTIONAL	☆	☆	☆	☆	☆
HEALTH & FITNESS	☆	☆	☆	☆	☆
RELATIONSHIPS	☆	☆	☆	☆	☆
SPIRITUALITY	☆	☆	☆	☆	☆
FAMILY LIFE	☆	☆	☆	☆	☆
SOCIAL LIFE	☆	☆	☆	☆	☆
CAREER	☆	☆	☆	☆	☆
FINANCES	☆	☆	☆	☆	☆
FUN & RECREATION	☆	☆	☆	☆	☆

HIGHLIGHT OF THE MONTH

MY OVERALL RATING OF THIS MONTH

1 2 3 4 5 6 7 8 9 10

LESSONS I LEARNED

1.

2.

3.

GRATEFUL FOR

1.

2.

3.

What went well this month?

What didn't go so well?

In which areas did I see personal growth, and where do I want to improve?

What are the habits I want to continue doing or change for next month to take better care of myself?

THOUGHTS

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NOVEMBER

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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

TODAY I AM FEELING...

TODAY'S AFFIRMATION

MY MOOD ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆

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INTENTIONS FOR TODAY

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WELLNESS GOALS

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THOUGHTS & REFLECTIONS

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MONTHLY REFLECTION

NOVEMBER

MENTAL & EMOTIONAL	☆ ☆ ☆ ☆ ☆
HEALTH & FITNESS	☆ ☆ ☆ ☆ ☆
RELATIONSHIPS	☆ ☆ ☆ ☆ ☆
SPIRITUALITY	☆ ☆ ☆ ☆ ☆
FAMILY LIFE	☆ ☆ ☆ ☆ ☆
SOCIAL LIFE	☆ ☆ ☆ ☆ ☆
CAREER	☆ ☆ ☆ ☆ ☆
FINANCES	☆ ☆ ☆ ☆ ☆
FUN & RECREATION	☆ ☆ ☆ ☆ ☆

HIGHLIGHT OF THE MONTH

MY OVERALL RATING OF THIS MONTH

1 2 3 4 5 6 7 8 9 10

LESSONS I LEARNED

1.

2.

3.

GRATEFUL FOR

1.

2.

3.

What went well this month?

What didn't go so well?

In which areas did I see personal growth, and where do I want to improve?

What are the habits I want to continue doing or change for next month to take better care of myself?

THOUGHTS

DECEMBER

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THOUGHTS & REFLECTIONS

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MONTHLY REFLECTION

DECEMBER

MENTAL & EMOTIONAL	☆ ☆ ☆ ☆ ☆
HEALTH & FITNESS	☆ ☆ ☆ ☆ ☆
RELATIONSHIPS	☆ ☆ ☆ ☆ ☆
SPIRITUALITY	☆ ☆ ☆ ☆ ☆
FAMILY LIFE	☆ ☆ ☆ ☆ ☆
SOCIAL LIFE	☆ ☆ ☆ ☆ ☆
CAREER	☆ ☆ ☆ ☆ ☆
FINANCES	☆ ☆ ☆ ☆ ☆
FUN & RECREATION	☆ ☆ ☆ ☆ ☆

HIGHLIGHT OF THE MONTH

MY OVERALL RATING OF THIS MONTH

1 2 3 4 5 6 7 8 9 10

LESSONS I LEARNED

1.

2.

3.

GRATEFUL FOR

1.

2.

3.

What went well this month?

What didn't go so well?

In which areas did I see personal growth, and where do I want to improve?

What are the habits I want to continue doing or change for next month to take better care of myself?

THOUGHTS

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WEEKLY REFLECTION

WEEK OF:

HIGHLIGHT OF THE WEEK

PROUDEST MOMENTS

MAIN ACCOMPLISHMENTS

1.

2.

3.

GRATEFUL FOR

1.

2.

3.

Did I prioritize self-care? What did I do to nurture my mind and body?

What challenges did I face this week and how did I overcome them?

How close did I get to my personal goals? What steps did I take?

What did I learn about myself this week?

What habits or actions made me feel my best?

How can I improve my wellbeing for the upcoming week?

YEARLY REFLECTION

YEAR:

PHRASES TO SUM UP THE YEAR	HIGHLIGHT OF THE YEAR

I'M MOST GRATEFUL FOR...

1.

2.

3.

MAIN ACCOMPLISHMENTS

1.

2.

3.

What did I learn about myself this year?

How did I invest in my personal growth and self-care this year?

What were the biggest challenges I faced this year, and how did they shape me?

What positive habits or routines had the most impact on my health and happiness this year?

What is my main focus or intention for the upcoming year?

From 1-10, how would I rate this past year?

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WELLNESS CHART

	MON	TUE	WED	THU	FRI	SAT	SUN
SLEEP							
MOOD							
ENERGY	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○
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MEALS							
WATER	▽ ▽ ▽ ▽ ▽ ▽ ▽ ▽	▽ ▽ ▽ ▽ ▽ ▽ ▽ ▽	▽ ▽ ▽ ▽ ▽ ▽ ▽ ▽	▽ ▽ ▽ ▽ ▽ ▽ ▽ ▽	▽ ▽ ▽ ▽ ▽ ▽ ▽ ▽	▽ ▽ ▽ ▽ ▽ ▽ ▽ ▽	▽ ▽ ▽ ▽ ▽ ▽ ▽ ▽
EXERCISE							
SELF-CARE							
GRATITUDE							

WELLNESS JOURNAL PROMPTS

1. *What does wellness mean to you, and why do you want to start this journey?*	26. *When was the last time you felt truly connected to your body, and what were you doing?*
2. *What areas of your life are you neglecting and wish to focus on?*	27. *What no longer adds value to your life?*
3. *What changes do you want to see in your life? Why and how will these changes make you feel better?*	28. *What can you do today that you didn't think you could do a year ago?*
4. *What role does gratitude play in your wellness journey?*	29. *Whom will you ask for support and accountability, and how?*
5. *How can you use positive visualization to achieve your wellness goals?*	30. *What can you let go of in your life?*
6. *List 3 things you currently love about yourself and your journey.*	31. *What are the main sources of stress in your life, and how can you reduce or manage them?*
7. *What are your favorite ways to practice self-care, and why?*	32. *How do you put yourself first without feeling guilty?*
8. *How is your relationship with rest? Do you allow yourself to truly relax?*	33. *List 3 small changes you can make to improve your overall well-being.*
9. *What will prioritizing your health and wellness give you?*	34. *What is one habit you can start or stop to feel more aligned and healthier?*
10. *How much time are you willing to commit to your wellness routine daily, weekly, monthly?*	35. *How will you celebrate yourself today?*
11. *What is going well in your life right now?*	36. *What's one choice you can make this week based on your needs?*
12. *What activities make you feel most at peace and rejuvenated?*	37. *How do you nourish your body through food, movement, and daily habits?*
13. *Why do you think self-love is important? What value could self-love add to your life if you practiced it every day?*	38. *List 3 things you have accomplished this week.*
14. *How can you stay motivated when you're trying something new?*	39. *What can you do to forgive yourself if you go off track?*
15. *How do you currently take care of your physical health through exercise and nutrition, and what can you improve?*	40. *If you could bottle today's feelings to open in a year, what emotions or thoughts would you capture, and why?*
16. *List 3 affirmations you can use to support your mental and emotional health.*	41. *What new skill or activity would you like to learn that could enhance your wellness?*
17. *What are the biggest challenges you face in maintaining a healthy lifestyle, and how can you overcome them?*	42. *How is your health and wellness journey making you feel?*
18. *What has worked well for you in the past?*	43. *What does a perfect wellness day look like for you?*
19. *How can you step outside your comfort zone to grow?*	44. *Describe a challenging experience that helped you overcome barriers.*
20. *How can you shift your mindset if something isn't working for you?*	45. *What goal or intention are you most proud of achieving?*
21. *What boundaries do you need to set in order to protect your energy and well-being?*	46. *What have you learned about yourself during this process?*
22. *What do you want your morning and evening routines to look like to support your wellness goals?*	47. *What does being present mean to you, and how can it enhance your well-being today?*
23. *Reflect on how connecting with others impacts your health. How can you foster deeper relationships?*	48. *What inspires you to continue pursuing your wellness goals?*
24. *What are your go-to activities or practices when you feel overwhelmed or unbalanced?*	49. *How do you handle negative emotions, and what helps you feel grounded?*
25. *How do you handle negative emotions, and what helps you feel grounded?*	50. *If your future self could give you one piece of advice today, what would it be?*

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