

Emotional Wellbeing Journal

Identify Your What's and Why's



When you think of "emotional wellbeing" what words come to mind?

Based on the words you wrote down, what areas do find challenging?

Which areas would you like to improve or develop and why?

Track Your Activities & Habits

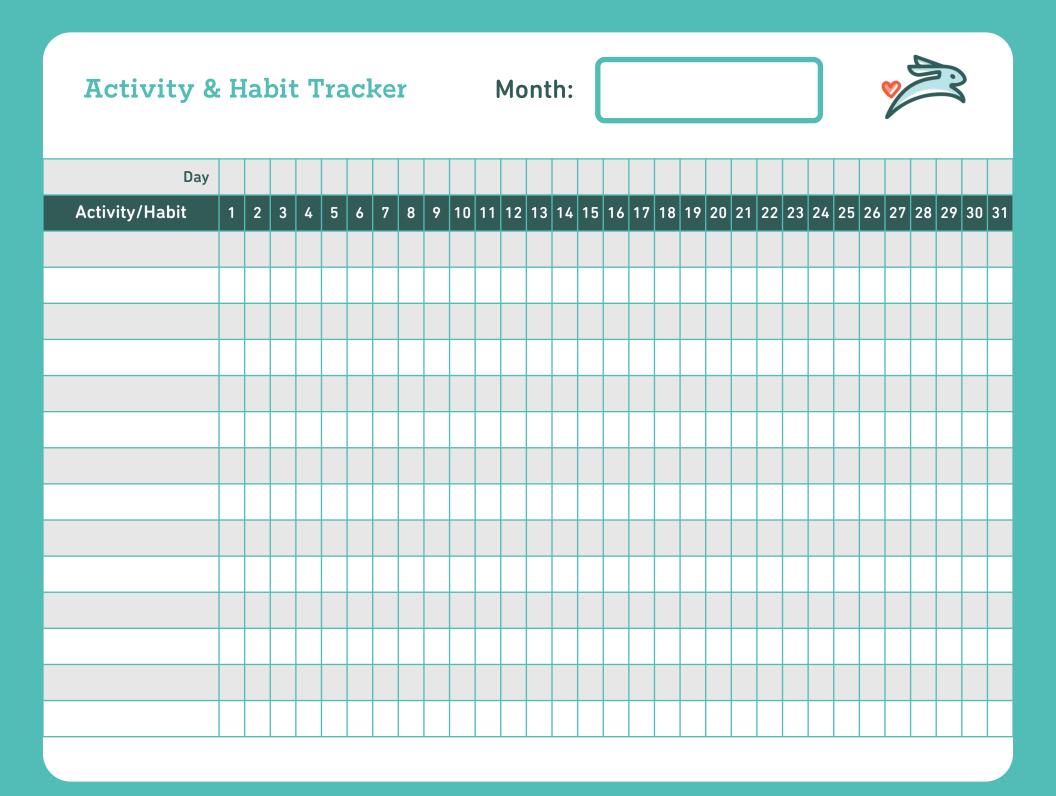


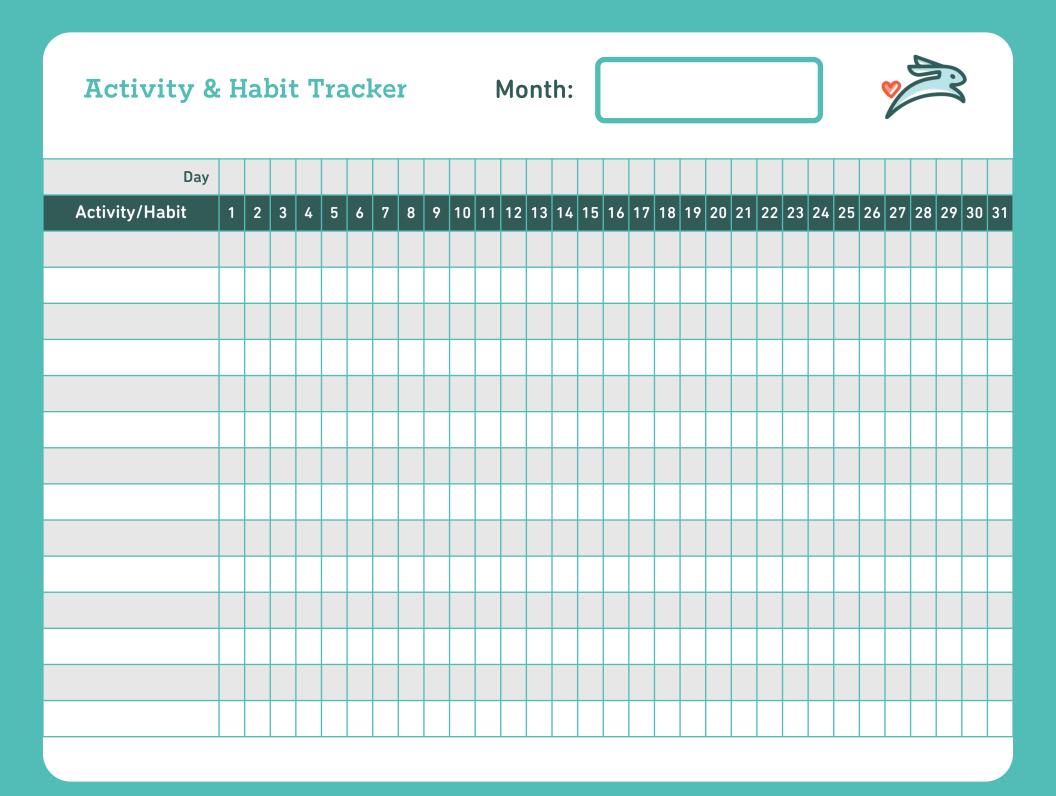
What activities or habits could help you improve or develop these areas and what are my goals for each activity or habit?

Tracking activities or habits that support your emotional wellbeing is a great way to become more consistent and helps you reflect back on successes and challenges.

Below is a snap shot of how to use an Activity/Habit Tracker for the month. There are blank trackers on the next page for you to use.

Habit Tra	ck	e	r													MON
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DAY	s	м	т	W	Ŧ	F	S	s	м	Ŧ	w	т	F	s	s	м
HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
morning stretches	x	x	x	x	x	x										
P90X		x	x	x		x										
Drink 7 glasses H20	x	x	x	X	x	X										
Review timelines			x	х	X											
Meditate / yogo	x	x	x	x	X	X										
Call Mom	×	x	x	x	X											
Afternoon walk	x	x	x	x	x	x										
Bedtime by 9:30	x	x	x	x	x											







Midway Check-in: How's it Going?

What's working?

What's not working and how am I going to adjust the goal or change the activity?

What else? Are there any other activities or habits I want to try now?

Reflection



Which activities or habits helped me the most?

Which activities weren't as helpful as I expected?

Which activities or habits do I want to keep doing?





