

Your Unique Wellbeing Journey



Intellectual Wellbeing Journal

Intellectual Wellbeing Activities & Actions Ideas



The following links may help you think about different areas to explore for your intellectual wellbeing.

New Ways of Thinking and Overcoming with Challenges

- Coping with Challenges Video Series
- Building Resilience
- Know Your Thoughts, Choose Your Actions

Personal Development

- Creating a Personal Mission Statement
- Write Down Your Dreams for the Future
- Setting SMART Goals
- 17 Growth Mindset Activities

Continuous Learning

- How to Find a Hobby
- 22 Reasons People with Creative Outlets Are More Successful
- The Best Websites for Learning New Skills

Personal Productivity

- 15 Ways to Declutter Your Mind
- 21 Tested Time Management Tips
- <u>Eat The Frog! 21 Great Ways to Stop Procrastinating and Get More Done in</u> Less Time (Full book, PDF)
- How to Beat Hurry Sickness

Identify Your What's and Why's



When you think of "intellectual 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 ha	abits could help	you improve or	develop these	areas
and what are your g	joals for each ac	tivity or habit?		

Tracking activities or habits that support your intellectual 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													ACH
																мон
DAY	s	М	+	W	+	F	S	S	М	+	W	+	F	S	S	M
HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
morning stretches	X	X	X	х	X	X										
P90x		х	X	X		X										
Drink 7 glasses H20	x	X	X	X	X	X										
Review timelines			X	X	X											
Meditate/yogo	X	X	X	X	X	X										
call Mom	X	X	X	X	X											
Afternoon walk	x	x	x	X	X	X										

Activity	&	Habi	t Tra	cker
-----------------	---	------	-------	------

Month:





Day																															
Activity/Habit	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
																															П

Activity	&	Hal	oit	Trac	ker
-----------------	---	-----	-----	------	-----

Month:





Day																															
Activity/Habit	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

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 activit
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?

Notes

