My WellPath

Your Unique Wellbeing Journey



Spiritual Wellbeing Journal

Spiritual Wellbeing Activities & Actions Ideas



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

Go to the My WellPath: Spiritual Wellbeing page and explore the following topics:

- Exploring What Spirituality Means to You
- Mindfulness & Meditation
- Physical Movement & Spirituality
- Connecting with Nature
- Compassion & Gratitude
- Creativity & Spirituality

Identify Your What's and Why's



When you think of "spiritual 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 are	eas
and what are your goals for each activity or habit?	

Tracking activities or habits that support your spiritual 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
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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
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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

Activity	&	Hal	oit	Trac	ker
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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

