

Your Unique Wellbeing Journey



Social Wellbeing Journal

Identify Your What's and Why's



| When you think of "social 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 cou | ld help you | improve or | develop | these | areas |
|--------------------|-------------|--------------|--------------|---------|-------|-------|
| and what are you | r goals for | each activit | ty or habit? | | | |

Tracking activities or habits that support your social 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 | | | | | | | | | | | | | AC |
|---------------------|-----|---|---|---|---|---|---|---|---|--------|----|----|----|----|----|----|
| | | | | | | | | | | | | | | | | М |
| the state of | | | | | | | | | | | | | | | | ١, |
| DAY | S | M | T | W | + | F | S | S | M | \top | W | T | 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 | X | X | X | | | | | | | | | | |
| P90X | | X | 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 | | | | | | | | | | | |
| | - V | ~ | x | X | X | X | | | | | | | | | | |
| Afternoon walk | X | X | ^ | ^ | _ | _ | | | | | | | | | | _ |

| 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 |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ш | |

| 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 |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ш | |

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

