

Weekly Journal

Sample pages

Week of ___/___/___

MY MORNING WELLNESS RITUAL

1. _____ Time Required _____
2. _____ Time Required _____
3. _____ Time Required _____

Total time required to conduct entire morning ritual in a mindful manner is _____.

I choose this morning ritual because _____
_____.

When I complete this morning ritual, I (will) feel _____
_____.

MY MIDDAY WELLNESS RITUAL

1. _____ Time Required _____
2. _____ Time Required _____
3. _____ Time Required _____

Total time required to conduct entire midday ritual in a mindful manner is _____.

I choose this midday ritual because _____
_____.

When I complete this midday ritual, I (will) feel _____
_____.

MY EVENING WELLNESS RITUAL

1. _____ Time Required _____

2. _____ Time Required _____

3. _____ Time Required _____

Total time required to conduct entire evening ritual in a mindful manner is _____.

I choose this evening ritual because _____
_____.

When I complete this evening ritual, I (will) feel _____
_____.

Daily Journal

Sample pages

Day 1 ___/___/___

- Morning Ritual
- Midday Ritual
- Evening Ritual

THINGS THAT FELT EMPOWERING TODAY:

AREAS WHERE I COULD USE ENCOURAGEMENT:

Day 2 ___/___/___

- Morning Ritual
- Midday Ritual
- Evening Ritual

THINGS THAT FELT EMPOWERING TODAY:

AREAS WHERE I COULD USE ENCOURAGEMENT:

Day 3 ___/___/___

- Morning Ritual
- Midday Ritual
- Evening Ritual

THINGS THAT FELT EMPOWERING TODAY:

AREAS WHERE I COULD USE ENCOURAGEMENT:

Day 4 ___/___/___

- Morning Ritual
- Midday Ritual
- Evening Ritual

THINGS THAT FELT EMPOWERING TODAY:

AREAS WHERE I COULD USE ENCOURAGEMENT:

Day 5 ___/___/___

- Morning Ritual
- Midday Ritual
- Evening Ritual

THINGS THAT FELT EMPOWERING TODAY:

AREAS WHERE I COULD USE ENCOURAGEMENT:

Day 6 ___/___/___

- Morning Ritual
- Midday Ritual
- Evening Ritual

THINGS THAT FELT EMPOWERING TODAY:

AREAS WHERE I COULD USE ENCOURAGEMENT:

Day 7 ___/___/___

- Morning Ritual
- Midday Ritual
- Evening Ritual

THINGS THAT FELT EMPOWERING TODAY:

AREAS WHERE I COULD USE ENCOURAGEMENT:

Weekly Reflection

Sample pages

WAS I REALISTIC IN PLANNING MY RITUALS?

SHOULD MODIFICATIONS BE MADE FOR NEXT WEEK?
