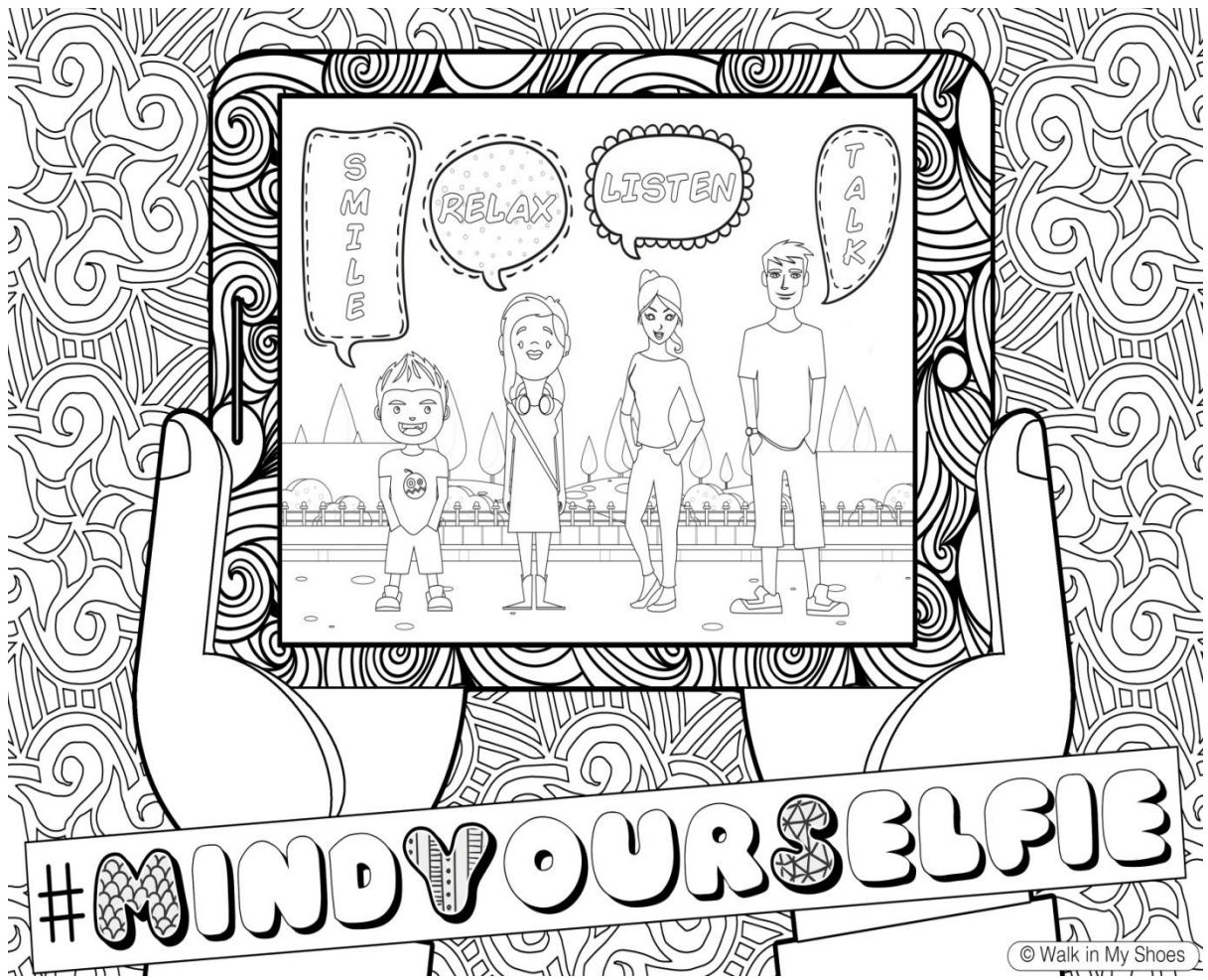




My

Wellness Gratitude Journal



© Walk in My Shoes

Wellness Week 2020

WELLNESS JOURNAL

Date: _____



Happy Thoughts

Water



Fruit & Vegetables



Exercise



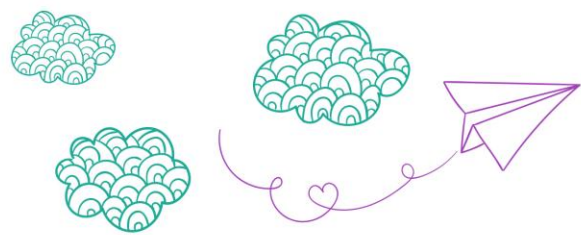
Time: _____

Activity: _____

Draw a Happy Thought



Things That Made Me Happy Today



Something good that happened to me today





WELLNESS JOURNAL

Date: _____



Happy Thoughts

Water



Fruit & Vegetables



Exercise



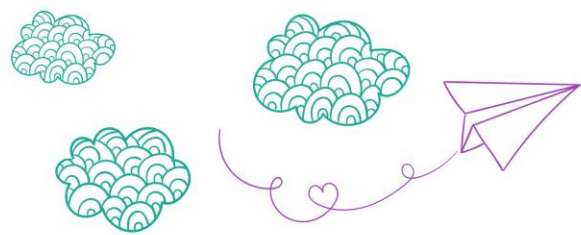
Time: _____

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Exercise



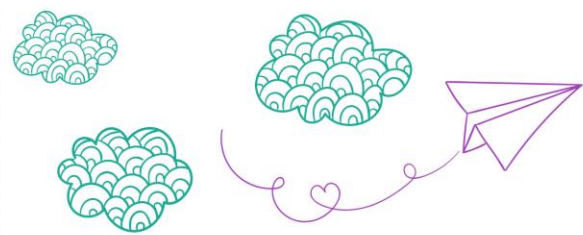
Time: _____

Activity:

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Exercise



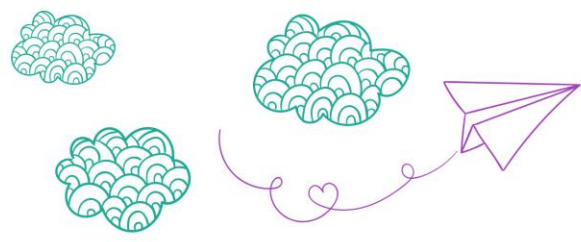
Time: _____

Activity:

Draw a Happy Thought



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WELLNESS JOURNAL

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Happy Thoughts

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Fruit & Vegetables



Exercise



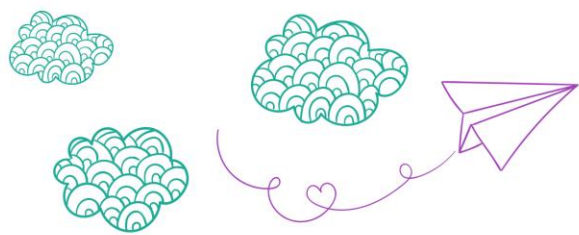
Time: _____

Activity:

Draw a Happy Thought



Things That Made Me Happy Today



Something good that happened to me today





Positive



Vibes
