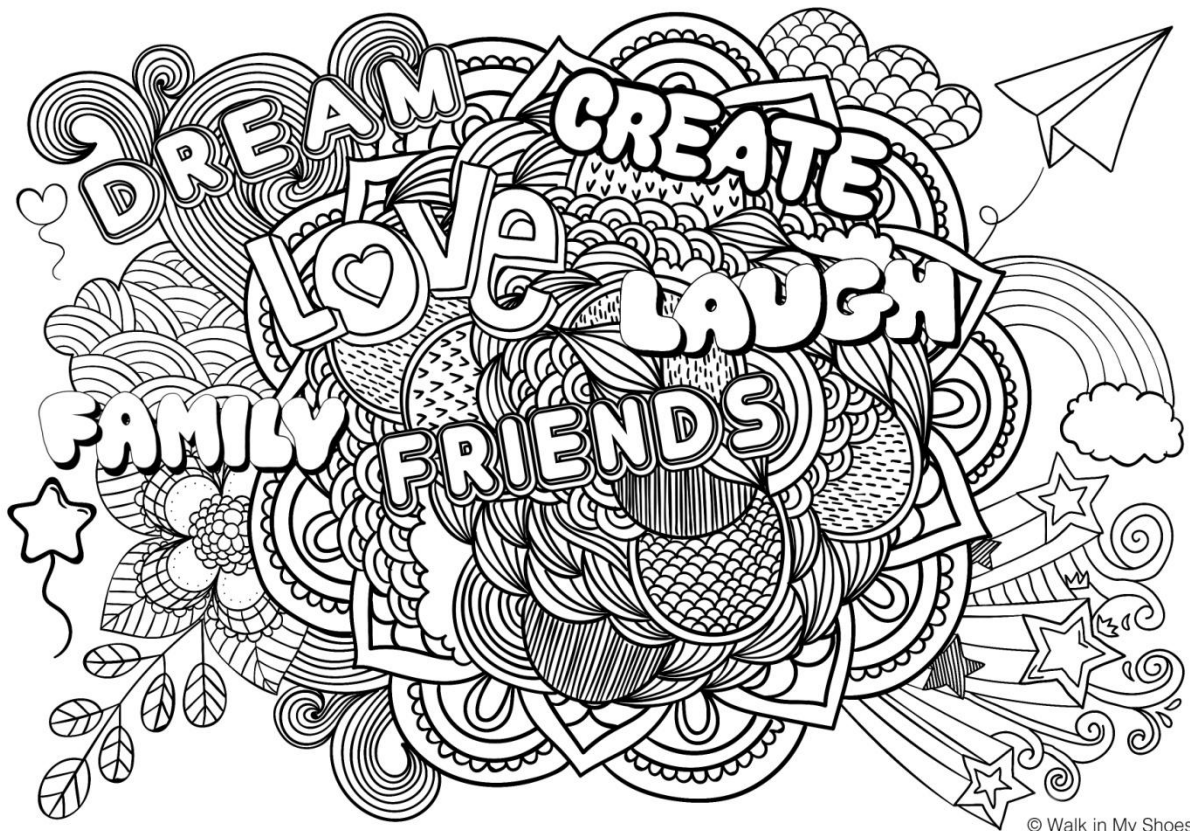




My

Wellness Gratitude Journal



© Walk in My Shoes

Wellness Week 2020

Wellness Journal



Date: _____



WATER

TODAY'S POSITIVE THOUGHTS

☐☐☐☐☐☐☐☐☐☐

FRUIT & VEGETABLES

☐☐☐☐☐☐☐☐☐☐

EXERCISE

Time: _____

Activity: _____

JUST FOR ME

**GRATITUDE LIST
FOR TODAY**

Today I am grateful for...

REFLECTIONS ON THE DAY





Wellness Journal



Date: _____



WATER

TODAY'S POSITIVE THOUGHTS

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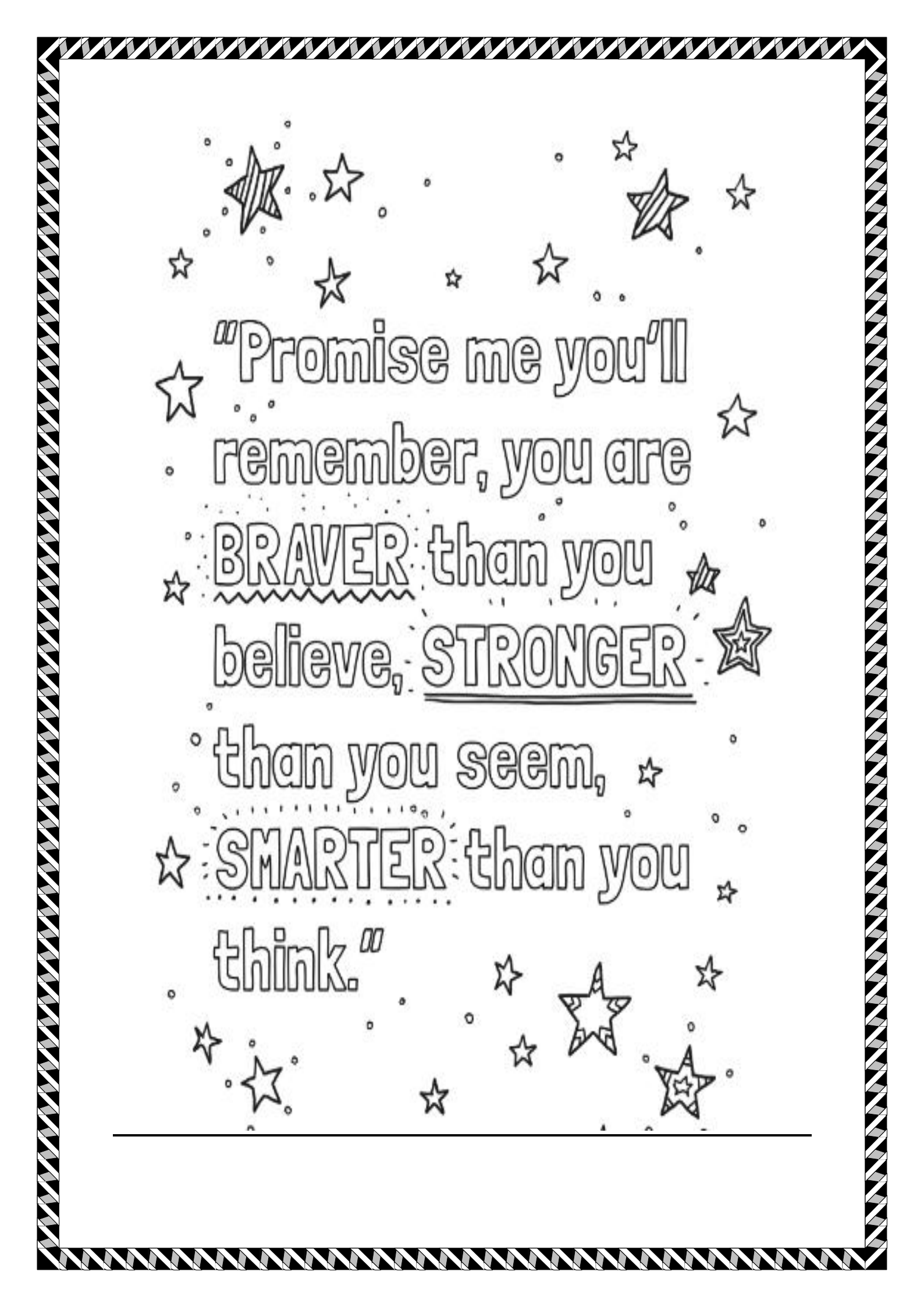
JUST FOR ME

**GRATITUDE LIST
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Today I am grateful for...

REFLECTIONS ON THE DAY





"Promise me you'll
remember, you are
BRAVER than you
believe, **STRONGER**
than you seem,
SMARTER than you
think."
