

daily log

We can't manage what we don't measure. Use this worksheet to track your wellbeing practice experiences and create new habits.

wellbeing check-in (am)

how well are you right now? consider your physical & mental energy, emotional calm & joy, and social relationships

on a scale of 1 (low) to 10 (high),
my current wellbeing is:

a word/phrase that describes my state of wellbeing:

practices you did today to increase your wellbeing

record your experiences and insights:

☐ connect

☐ play

☐ reflect

☐ rest

notes:

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Great job! Keep going ...