



SALUS FATIGUE FOUNDATION

Journey to Wellness Journal

SELF-LOVE JOURNAL

Productive Activities

Seven rounded rectangular boxes for writing productive activities.

Things I'm Grateful For

Seven horizontal lines for writing things you are grateful for.

Note To Self

Seven horizontal lines for writing a note to self.

Reminder

Five horizontal lines for writing reminders, each preceded by a small circle.

SELF-LOVE CHECKLIST

My List	Date Completed	<input checked="" type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
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		<input type="checkbox"/>
		<input type="checkbox"/>

SELF-LOVE & AFFIRMATION

Things I'm Grateful For

List of Affirmations

My Achievements

Motivational Quote

SELF-LOVE REMINDER

What do I love about myself?

What makes me proud of myself?

PERSONAL GROWTH

New Skills To Acquire

Healthy Habits

Self-reflection

PACING JOURNAL

TODAY'S GOALS

- _____
- _____
- _____

IMPORTANT (RED)

- _____
- _____
- _____
- _____
- _____
- _____
- _____

LESS IMPORTANT (AMBER)

- _____
- _____
- _____
- _____
- _____
- _____
- _____

THINGS THAT CAN WAIT (GREEN)

- _____
- _____
- _____
- _____
- _____

DATE _____

PRODUCTIVITY PLANNER

WAKE TIME

TODAY'S MANTRA

SCHEDULE

8:00 _____
9:00 _____
10:00 _____
11:00 _____
12:00 _____
13:00 _____
14:00 _____
15:00 _____
16:00 _____
17:00 _____
18:00 _____
19:00 _____
20:00 _____
21:00 _____
22:00 _____
23:00 _____

TOP PRIORITIES

TO-DO LIST

MEMO

DAILY REFLECTION

DIET MEAL PLANNER

	Breakfast	Lunch	Dinner	Snack
Mon				
Tue				
Wed				
Thurs				
Fri				
Sat				
Sun				

WEEKLY FITNESS

SELF-CARE PLANNER

Date: _____

Week: 1 2 3 4

THIS WEEK'S GOAL

YOGA/ PILATES / WALKS

FITNESS PROGRESS

0 25 50 75 100

MOTIVATION

MEAL TRACKER

BREAKFAST

LUNCH

DINNER

SNACKS

MY JOURNAL

WEEKLY REVIEW

Date: _____

Week: 1 2 3 4

HOW WAS THE WEEK?

FELT GRATEFUL THIS WEEK FOR:

THIS WEEK'S SMALL WINS

THINGS I HAVE IMPROVED ON:

TASK IN PROGRESS

THIS WEEK'S BAD EXPERIENCE:

WHAT TO NOTE THIS WEEK:

MY JOURNAL

WEEKLY WRITING

Date: _____

Week: 1 2 3 4

HELLO JOURNAL, MY WEEK IS...

Lined writing area for journaling.

DAILY PLANNER

DATE:

S M T W T F S

MOOD:



TODAY'S GOALS



WEATHER:



“

”

REMINDER TO:



EXERCISE:



TOTAL MINUTES:

TOTAL STEPS:

TODAY'S APPOINTMENT:

TIME:

EVENT:

THINGS TO GET DONE TODAY:

WATER INTAKE:



MEAL TRACKER:

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

TO CALL OR EMAIL:

MONEY TRACKER:

MONEY IN:

FROM:

MONEY OUT:

FOR:

TODAY I AM GRATEFUL FOR:

NOTES:

FOR TOMORROW: