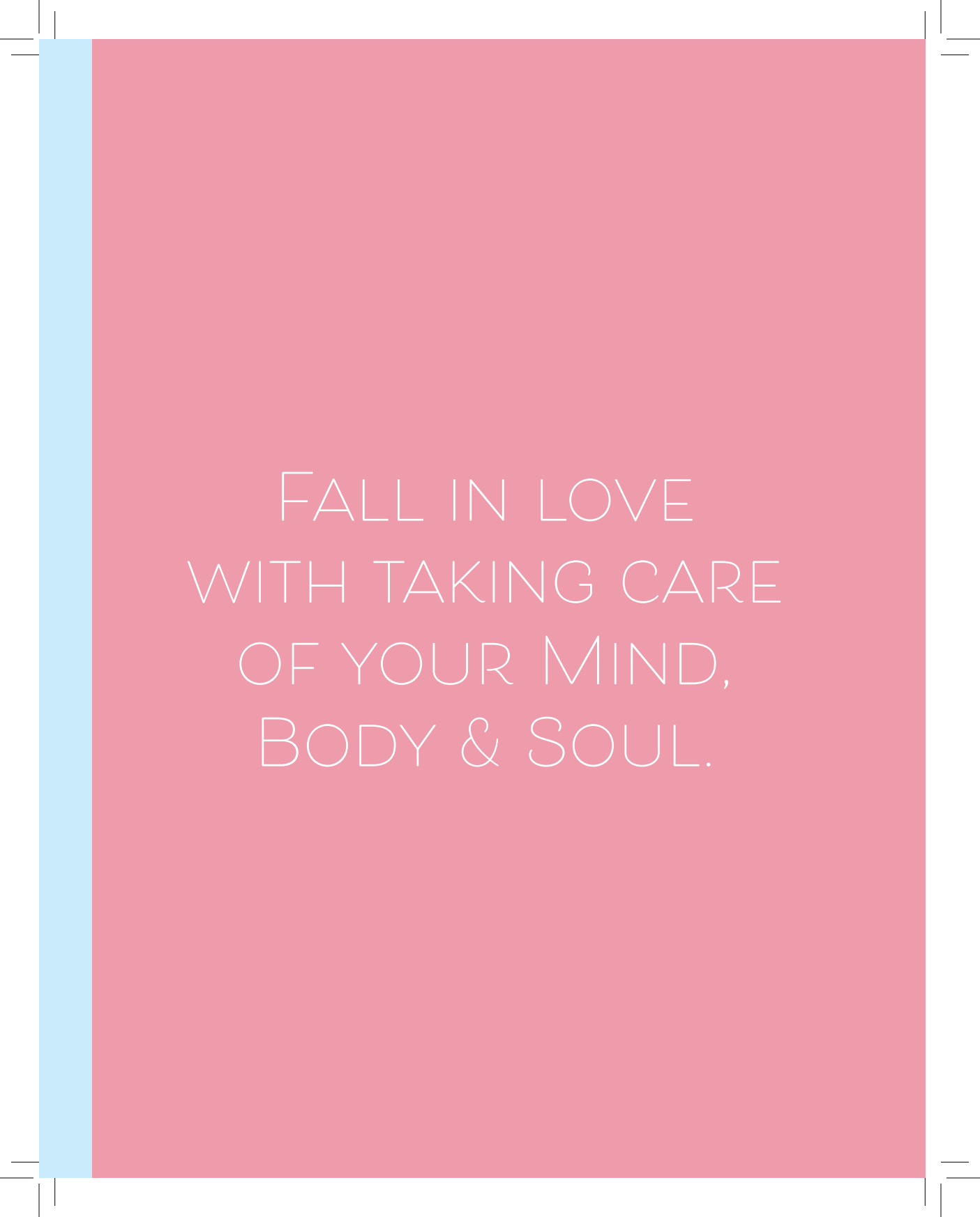




The image features a solid pink background. In the center, there is a white square frame. Inside this frame, the text "365 DAYS OF WELLNESS" is displayed in white. The number "365" is in a large, bold, sans-serif font, while "DAYS OF WELLNESS" is in a smaller, all-caps, sans-serif font.

365

DAYS OF
WELLNESS



FALL IN LOVE
WITH TAKING CARE
OF YOUR MIND,
BODY & SOUL.



**Wellness is the state
of being in good health. It is
a sense of peace inside of
you on a mental, emotional
and physical level.**

Maintaining wellness is a daily journey,
it can be challenging to take time for
ourselves alongside our busy lives. You are
taking the first step by opening this book!

Find a few minutes each day to sit down
and fill out a task. As you progress through
the weeks and months, take longer to think
on each one, growing more conscious
of the benefits of living a well life.

Vision Board

Stick photographs, collected imagery or your own artworks
here to help visualise and manifest your wellness journey.

Day 1

Date:

My Priorities

Organise your priorities from most important to least important. Give yourself a time frame to complete each one and try to complete them by the end of the day.

1.

2.

3.

4.

5.

Notes

Date:

Day 2

Draw Anything

Scribble in this empty space and then draw three things.
They can be drawings of anything, use the lines from your scribbles as a reference.

1.	2.	3.

Day 3

Date:

Try not to use ANY technology for at least one hour today. Instead, choose an activity that you enjoy and focus on it. Write how this little electronic detox felt.

[illegible]

Date:

Day 4

Just For You

What have you done lately just for you?

[illegible]

Day 5

Date:

Describing You

Describe yourself using the first ten words that come to mind.

Then, list ten words that you would like to use to describe yourself in the future.

+

+

+

+

+

+

+

+

+

+

+

+

+

+

+

+

+

+

+

+

Day 6

Date:

Learning Over Time

What is something you can do today that you couldn't do five years ago?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a small green rectangular tab at the top left corner. The paper appears to be part of a notebook or a set of loose-leaf papers.

Date:

Day 7

Write a love letter to your body, describe the parts you like and love. Show yourself compassion.

To my amazing body,

From

Day 8

Date:

Smiley Moment

Write about someone that makes you smile and why.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface. The top edge of the paper is slightly irregular, like a torn piece of paper.

Date:

Day 9

Happy Music

Write a playlist of ten songs that make you feel happy.
Find time to listen to it today.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Day 10

Date:

Admirable Traits

Who are three famous people you admire and why?

1.

2.

3.

Date:

Day 11

Weather Mood

Sit outside or look out a window for five minutes.

What is the weather like today? How is the weather making you feel?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

Day 12

Date:

Valuing Growth

What has been the hardest thing you have experienced in your life?

How did you get through it?

[illegible]

Date:

Day 13

Take a long walk in nature and try to disconnect from the outside world. After your walk, write down how you felt or draw a picture, you choose.

Day 14

Date:

Do you make time for yourself each day?

If so, how? If not, how can you start to do this?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the paper.

Date:

Day 15

Find some seeds and grow a flower, plant, vegetable or fruit starting today. Think of things you need to find to help it grow and make a list.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Day 16

Date:

A Positive Day

What was the best part of your day today?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 17

Sit in a quiet place and light a candle. Focus your attention to the flicker of the flame and breathe deeply. Write down how you felt and what thoughts came to your mind.

This image shows a full page of dot grid paper. The background is a solid light blue color. Overlaid on this background is a precise grid of small, dark grey or black dots. The dots are arranged in straight horizontal and vertical rows, creating a pattern of small squares across the entire page. There are no margins, text, or other markings present.

Day 18

Date:

Taking Note

What is something positive you have experienced recently?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving a small margin at the top. There are no vertical lines, text, or other markings on the paper.

Date:

Day 19

Change is a natural part of our life.

What is something you have changed your opinion on over time? Why?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Day 20

Date:

Positive Reflection

What important things have you learned from previous relationships?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Day 22

Date:

Mind Notes

Are you an extrovert or an introvert?

How does that impact your daily life?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 23

What is your favourite type of workout?

How can you incorporate this workout into your regular schedule?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

Day 24

Date:

Relax On This

List ten activities you do that guarantee you relax every time.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Date:

Day 25

Exploring Support

How can you share your feelings more with the people who care about you?

[illegible]

Day 26

Date:

Big Ideas

What are some things that give your life meaning?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 27

Positives & Negatives

What are some positive and negative personality traits that you see in yourself?
Can you improve on these?

+	+
+	+
+	+
+	+
+	+

Day 28

Date:

Mindful Eating

Pause before each meal today, contemplate everything it took to bring the meal to your table. Eat your food mindfully and without judgement. Describe how this made you feel.

Breakfast

Lunch

Dinner

Date:

Day 29

What makes you feel in control?

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 30

Date:

Move Your Body

Put on your favourite song and dance to it.

Write about why it is your favourite song to dance to and how it makes you feel.

Name: _____

[illegible]

Day 32

Date:

Your Values

What values do you consider most important in life?

How do your actions align with those values?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 33

What is something that makes you feel brave?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 34

Date:

Dessert Time

Make a dessert and share it with your friends and family.

Use this space to write the recipe.

Date:

Day 35

What limiting beliefs are holding you back from living your dream life?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 36

Date:

Podcast Time

Listen to a podcast about a subject you feel curious about.

What did you learn from it?

Name of podcast:

Name of episode:

What I have learned from listening...

Date:

Day 37

Who is someone you used to be friends with, but aren't friends with anymore?

What happened and how do you feel about it?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Day 38

Date:

Stretch Your Body

Find a short five-minute stretch routine and do it first thing in the morning.

How do you feel after doing it?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 39

I feel good when...

Day 40

Date:

Emotional Boundaries

Write about boundaries you have set up with friends and family members that help you safeguard your own wellbeing.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 41

Opportunities To Learn

List three situations where you made a mistake but learned an important lesson.

1.

2.

3.

Day 42

Date:

Try not to use your phone, computer, tablet, or TV for at least two hours today. Instead, choose an activity that you enjoy and focus on it. Write how your electronic detox felt.

[illegible]

Date:

Day 43

Mood Board

Create a mood board of the bedroom, study or studio of your dreams.

Feel free to add colours, paste magazine clippings, draw, or all at once in the box below.

Day 44

Date:

Reading List

Make a list of ten books you would like to read this year.
Then select one you want to commit to reading this week.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Date:

Day 45

Start a herb garden. Buy some seeds of your favourite herbs and plant them in your garden or in pots. Write down what you might buy and how you will care for them.

[illegible]

Day 46

Date:

Challenge Yourself

Choose an activity that you find challenging and spend at least twenty minutes doing it. Don't worry about making it perfect, focus on how you can make it fun for yourself.

What activity did you do?

How did you feel?

Did you enjoy this activity a little more than before?

Notes:

Date:

Day 47

Laugh For Life

Make a list of ten things that make you laugh.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Day 48

Date:

Relax Your Muscles

Find a quiet space and take time to give yourself a calming and gentle massage.
Focus on a part of the body where you feel the most tension and work around.

How do you feel before?

How do you feel after?

Date:

Day 49

Make yourself a yummy and healthy smoothie today - add some greens to it to boost your vitamins today. Write the recipe below.

Day 50

Date:

Educating Yourself

List ten topics you want to know more about and why?

1.

2.

3.

4.

5.



6.

7.

8.

9.

10.

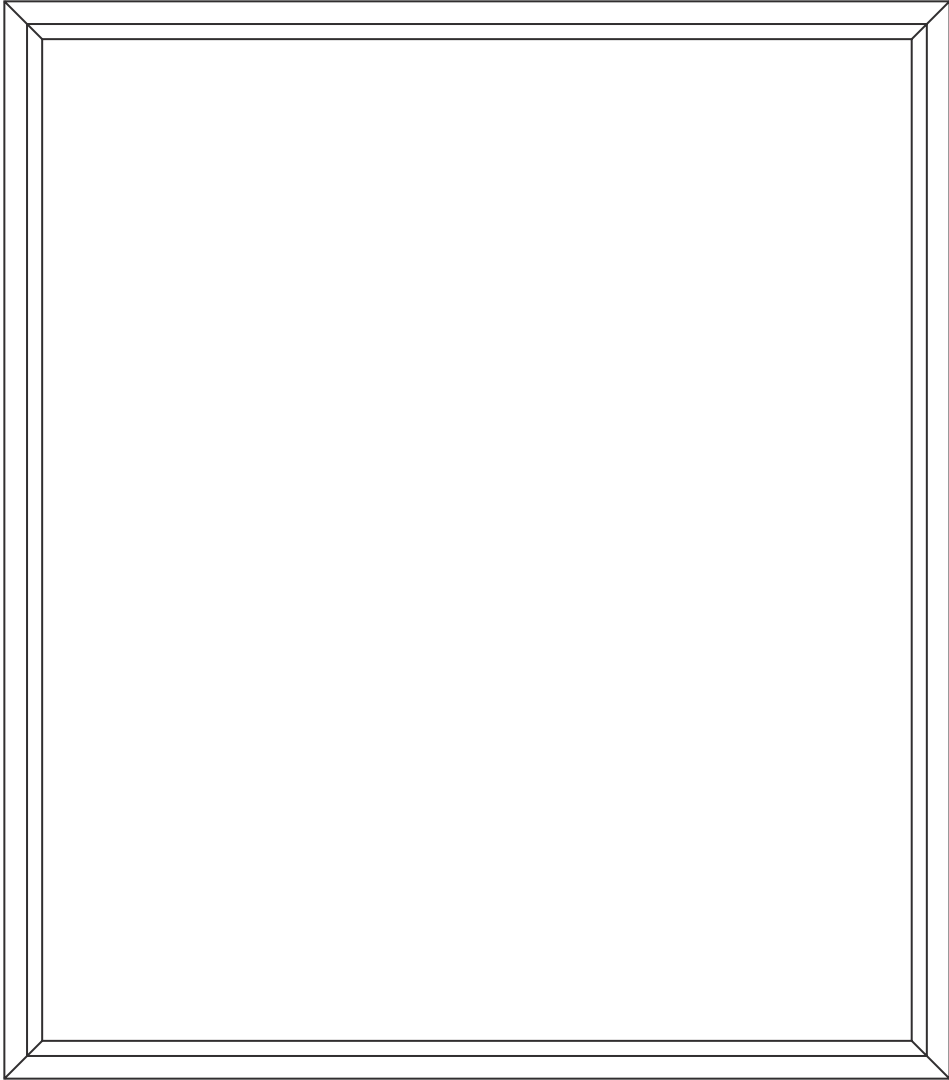
Day 51

Date:

Draw Anything

Go for a walk in the park and draw something that catches your eye.

Remember that it doesn't have to be perfect, just enjoy the feeling of drawing it.



Day 53

Date:

Write About It

When do you feel most confident?

[illegible]

Date:

Day 54

A Yoga Moment

Do some yoga today. Look for a video or other instructions online and give it a go. What did you think about while you were doing it? How did it make you feel?

[illegible]

Day 55

Date:

Soul Food

Create a list of ten foods that you absolutely love and why they mean something to you.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Date:

Day 56

Take a long bath or shower. Use this time to relax in the water for a while and try to think of happy memories. Write about them.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 57

Date:

Your Personality

Reflect on your personality. Make a list of five things you like about your personality and five things you would like to work on.

1.

1.

2.

2.

3.

3.

4.

4.

5.

5.

Date:

Day 58

Dream Job

Reflect on your current professional situation. Think about the following questions: Are you suited to your current role? What is your dream job? How can you get there?

[illegible]

Day 59

Date:

Movies You Love

Randomly write down all the movie titles that come to mind, then circle your favourite and watch it today.

Date:

Day 60

Pet Peeves

What are your pet peeves?

1.

2.

3.

4.

5.

Day 61

Date:

Make sure you drink at least one litre of water today.

Is this task easy or hard for you? Did you complete it?

[illegible]

Date:

Day 62

Physical Wellness

What can you do to improve and/or maintain your physical health?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 63

Date:

At Home

List ten things that make you feel at home.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Date:

Day 64

Write About It

What does unconditional love look like for you?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

Day 65

Date:

What is a day you always want to remember?

[illegible]

Date:

Day 66

Your Ancestors

Look up your family tree and find out what you can learn about your ancestors. What did you find?

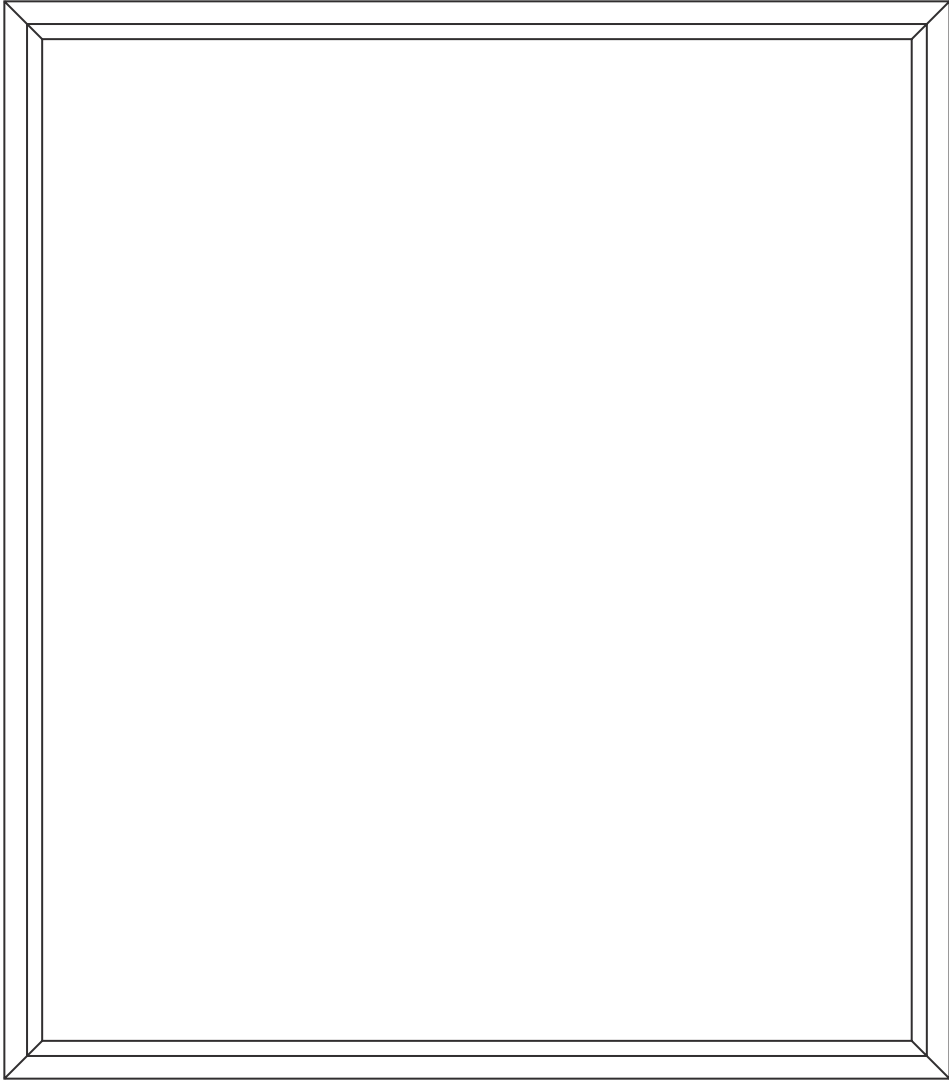
This image shows a full page of dot grid paper. A solid orange vertical band runs along the left edge, serving as a margin. The rest of the page is white and covered with a uniform grid of small black dots, spaced evenly both horizontally and vertically. There are no other markings, text, or illustrations on the page.

Day 67

Date:

Floral Art

Draw your favourite flowers.



Date:

Day 68

Happy Ideas

What is something positive you need to hear today?

[illegible]

Day 69

Date:

Try a different route to get to where you need to go today.

How did it make you feel?

[illegible]

Date:

Day 70

Take your camera/phone with you for a whole day and capture everything and anything that takes your interest. How many pictures did you manage to take?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 71

Date:

Facts About You

Imagine that someone has to describe you.

Write ten facts that you think would help that person describe who you are.

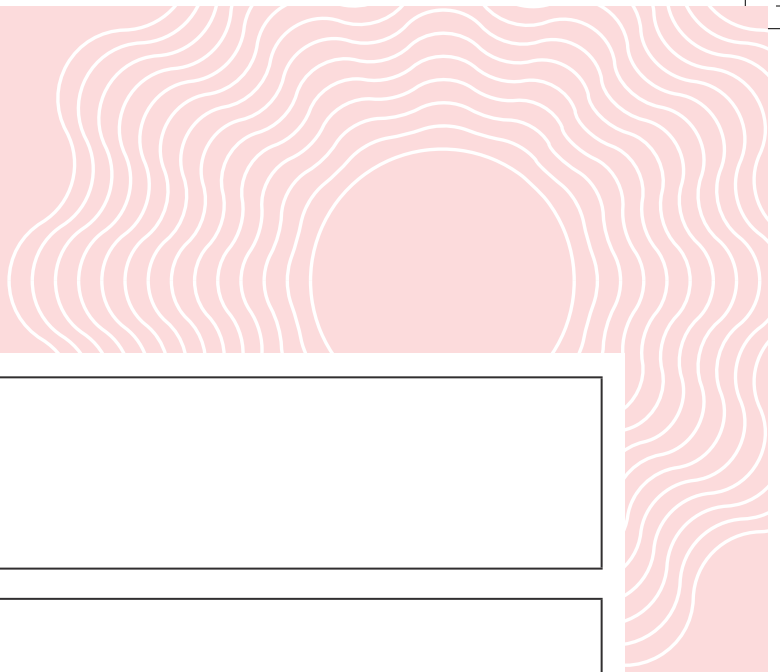
1.

2.

3.

4.

5.



6.

7.

8.

9.

10.

Day 72

Date:

Rest Time

Clear your schedule and get some rest. Give your body time to reset and recover.

Wear comfortable pyjamas, put your phone and all distractions away. How did you feel?

[illegible]

Date:

Day 73

What personal needs do you usually sacrifice to meet the needs of others?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 74

Date:

Creative Nutrition

Think about your favourite foods and consider creative ways to make them more nutritious. What foods come to mind?

1.

2.

3.

4.

5.

Date:

Day 75

Find a good recipe online and make bread or damper from scratch. Use the space below to write the recipe.

Day 76

Date:

Count To 10

Take time today to learn to count to ten in a new language.

Explore learning other parts of the language and culture it originates from.

What language did you choose?

How difficult was it?

What else can you learn?

[illegible]

Day 78

Date:

Light A Candle

Choose a quiet and comfortable place and light a candle. Spend at least twenty minutes reflecting on your life. What thoughts came to your mind?

[illegible]

Date:

Day 79

Start your day with a healthy breakfast.

Take the time to plan and make your breakfast. Use this space to jot down some ideas.

[illegible]

Day 80

Date:

Photo Album

Print out some photos of some of your favourite moments and paste them below.





Day 81

Date:

Movies You Love

Re-watch one of your favourite movies as a child.

Write about your impression before and after watching below.

Film name:

Before watching:

What I loved about it:

After watching:

Did it live up to your experience from childhood?

Date:

Day 82

Picnic Day

Plan a picnic with your best friend.

Use this space to create a list of items you would like to bring to the picnic.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Day 83

Date:

Learning New Things

Watch a documentary about a topic you would like to learn more about.
Create a list of the potential documentaries to watch.

1.

2.

3.

4.

5.

Date:

Day 84

Your Footprint

Reflect on your positive personal traits.

Write down some things you would like to be remembered for.

1.

2.

3.

4.

5.

Day 85

Date:

Have a vegetarian day today.

Try to include plenty of vegetables, legumes and fruits in your meals. How did you go?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Date:

Day 86

World Citizen

Create a list of ten places you would love to live.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Day 87

Date:

Grab a book from your bookshelf and pair that with a nice cup of tea. Disconnect from all electronics and focus on the action. What book did you choose? How did you feel?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 88

Learn Online

Sign up for an online course.

Use this space to list the courses you find interesting.

1.

2.

3.

4.

5.

Day 89

Date:

Invent your own cocktail or mocktail. Try making it with things you have in your home now, or treat yourself to a little shopping trip to grab some exotic flavours.

The recipe:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 90

Online Reflection

Write ten things you like and dislike about social media.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Day 91

Date:

What is something you have discovered about yourself recently?

[illegible]

Date:

Day 92

Posture Perfect

Find exercises that you can do daily to improve your posture. Try setting a regular alarm or leaving yourself a note to sit up straight until it becomes an unconscious habit.

[illegible]

Day 93

Date:

Go for a swim. Go to your nearest pool or the sea if you are lucky enough to live near it. How did you feel?

[illegible]

Day 95

Date:

Guided Meditation

Look online and find a 5-minute guided meditation for you to listen to. What thoughts came to your mind during meditation?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a small dark smudge or mark near the top center of the page. The paper appears to be part of a notebook or a set of loose-leaf paper.

Date:

Day 96

Write About It

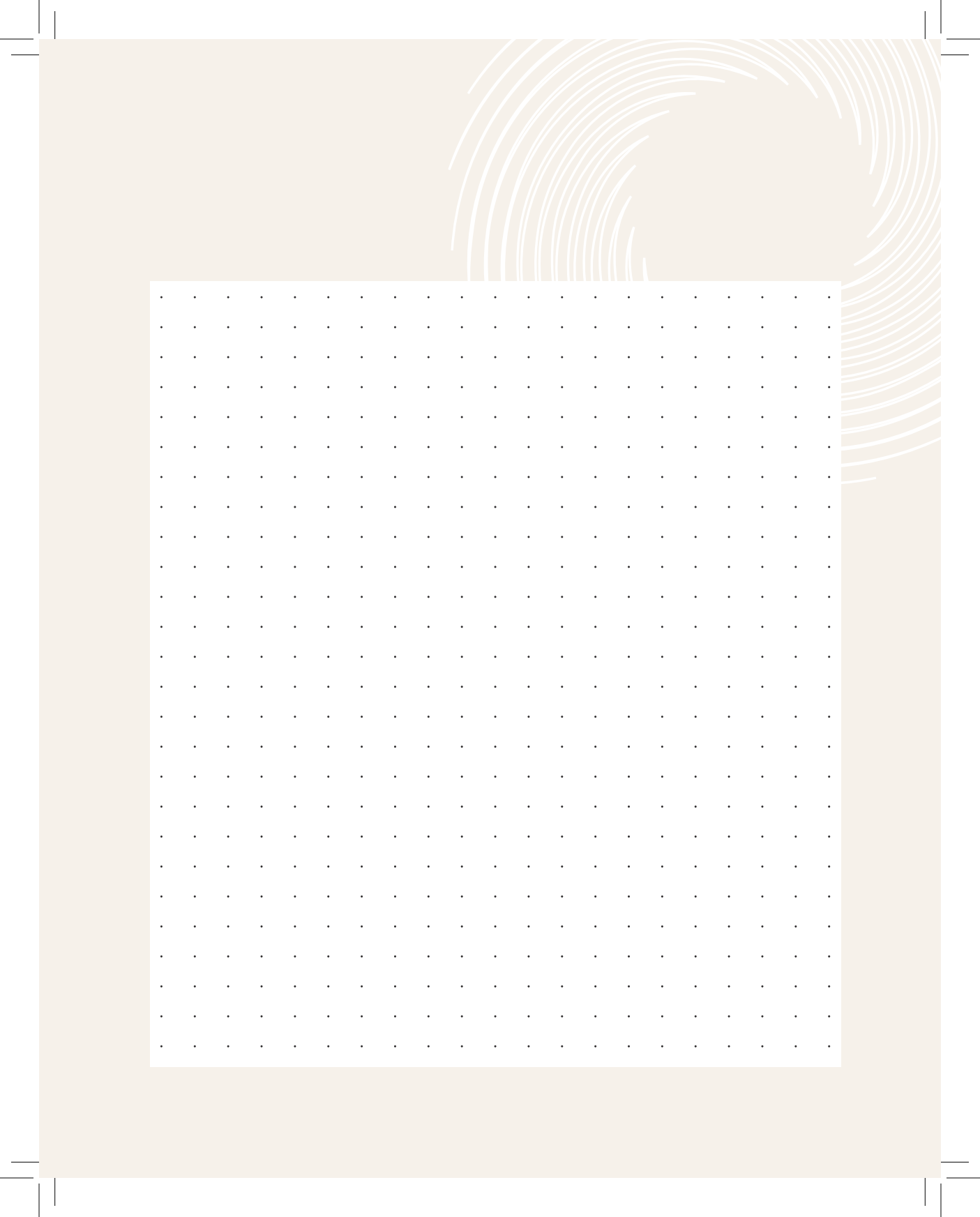
How do you calm your nerves in a difficult situation?

[illegible]

Day 97

Date:

What do you want your life to look like three years from now?



Day 98

Date:

Room Decor

Change something in your room, it can be anything.
Write some ideas below.

[illegible]

Date:

Day 99

Your Fears

List three fears that you have overcome in your life.

1.

2.

3.

Day 100

Date:

To-Do List

What is on your to-do list for today?

+

+

+

+

+

Date:

Day 101

Find a ten-minute workout video and do it today.

Try to go at your own pace and write about how it went afterwards.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 102

Date:

To A Loved One

Write a letter addressed to a loved one.

Make sure to write down all those things that you feel but have not said.

Dear

From

Date:

Day 103

Treat your hair today by doing a homemade hair mask. Lie down and relax while it works its magic. Spend this time writing freely, explore your feelings and emotions.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 104

Date:

Your Qualities

Make a list of the reasons why people come to you for advice.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface. The top edge of the paper is slightly irregular, like a torn piece of paper.

Date:

Day 105

Binge Session

Make a list of your favourite tv shows and binge-watch a few episodes of the one you love the most.

1.

2.

3.

4.

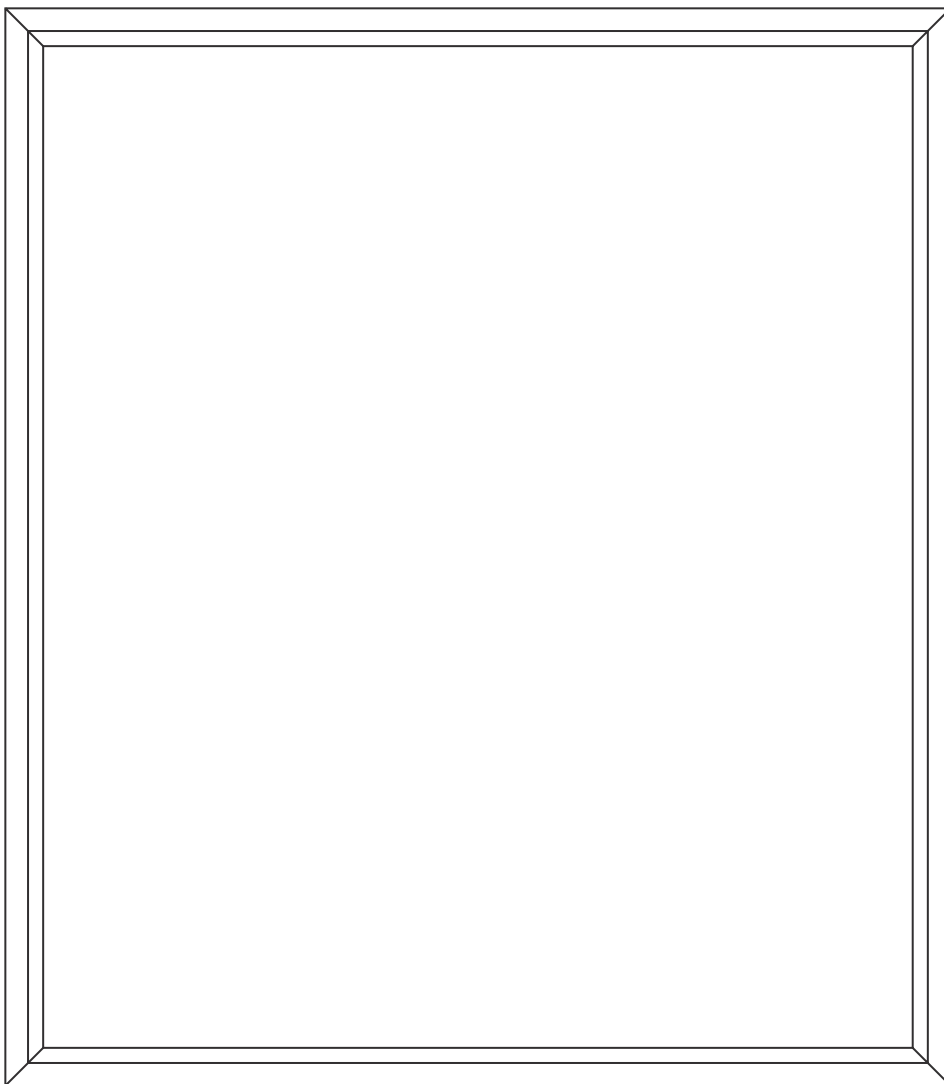
5.

Day 106

Date:

Draw You

Draw a portrait of your face and body as you see yourself today.



Date:

Day 107

Describe your relationship with alcohol.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

Day 108

Date:

Reassuring Self-Love

Write a reassuring, kind and gentle note to yourself.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 109

What is your biggest life stress?

How can you work on this regularly?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 110

Date:

Love Is Magic

Write down nice ways to say I love you to someone special and gather the courage to express love to someone today.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 111

Donate some time to your local community in any way this month. Brainstorm ideas for where you can do this and estimate how much time you have to give.

Day 112

Date:

Vision Board

Cut and paste inspiring images to foster positivity in your day.





Day 113

Date:

Motivation

Create a motivational playlist of the best songs that get you in a good mood and encourage you to move.

1.

6.

2.

7.

3.

8.

4.

9.

5.

10.

Date:

Day 114

Healing Through Reflection

What do you need most to heal right now?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Day 115

Date:

What does happiness mean to you?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 116

Admiration

Describe someone you admire and why they are important to you, they don't have to be someone you know personally.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 117

Date:

Describe yourself to a stranger, imagine you are speaking about another person.

[illegible]

Date:

Day 118

My Skills

Identify and list five valuable skills you have.

1.

2.

3.

4.

5.

Day 119

Date:

What do you wish you had more time for?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 120

Love Letter

Write a love letter to someone you care for or admire deeply.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 121

Date:

Describe your relationship with food - include positives and negatives.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 122

Make A Choice

Consider an important choice that you need to make today and write a pros and cons list to really look at the bigger picture.

+	+
+	+
+	+
+	+
+	+

Day 123

Date:

Nominate a positive activity for each of the next seven days.

Brainstorm ideas today and make a plan on the next seven pages.

Day 125

Date:

Detail today's activity. Describe how you are feeling after putting time into this conscious positive behaviour.

Today's activity is:

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 126

Detail today's activity. Describe how you are feeling after putting time into this conscious positive behaviour.

Today's activity is:

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, and the page is completely blank except for the lines themselves.

Day 127

Date:

Detail today's activity. Describe how you are feeling after putting time into this conscious positive behaviour.

Today's activity is:

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper appears to be a standard notebook page or a sheet of stationery.

Day 129

Date:

Detail today's activity. Describe how you are feeling after putting time into this conscious positive behaviour.

Today's activity is:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 130

Positive Day 7

Detail today's activity. Describe how you are feeling after putting time into this conscious positive behaviour.

Today's activity is:

[illegible]

Day 131

Date:

Home Is Where The Heart Is

List five ways you can improve the place you live to make it more comfortable.
Describe what you can do to make each change happen.

1.

2.

3.

4.

5.

Date:

Day 132

Your Challenges

Write about three potential challenges that you might encounter today and how you can overcome them.

1.

2.

3.

Day 133

Date:

Self Judgement

What things do you keep judging yourself for?

Write ten things you can do to create more self-acceptance.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Date:

Day 134

Risk-Taking

What is the biggest risk you have ever taken?

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 135

Date:

Pay attention to your morning ritual - Everything you are doing from waking up to leaving the house. What changes could you make to enjoy your morning routine more?

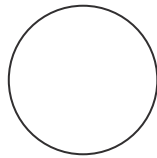
This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a small dark smudge or mark near the top center of the page. The paper appears to be part of a notebook or a set of loose-leaf papers.

Date:

Day 136

Mandala Healing

Draw a mandala. Start doodling around the circle below and work outwards. Reflect on positives in your life while you draw.



Day 137

Date:

Reflecting On Memories

What is one past event that you previously perceived as a failure and now perceive as something positive? Why?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 138

Adult Education

If you could go back to school and study anything, what would you study?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

Day 139

Date:

Calm Time

Create a list of five things that make you feel calm and peaceful.

1.

2.

3.

4.

5.

Notes

Date:

Day 140

Outside The Box

Choose a movie, tv series or a documentary that you wouldn't normally choose and take time to watch it today. Write about your feelings after watching.

Name:

[illegible]

My feelings:

[illegible]

Day 141

Date:

Five Days Of Meditation

Take time today to think about your relationship with mindfulness and meditation. Write about it and make notes for the next five days of mindful meditation activities.

My relationship with meditation:

Notes:

Meditation can help you learn to stay centered and keep inner peace.

Date:

Day 142

Meditation: Day 1

Take two minutes to sit quietly and watch your thoughts as they float through your mind. Don't judge them, just watch them and notice. What thoughts came to your mind?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 143

Date:

Take five minutes to sit quietly and watch your thoughts as they float through your mind. Don't judge them, just watch them and notice. What thoughts came to your mind?

[illegible]

Day 145

Date:

Take fifteen minutes to sit quietly and watch your thoughts as they float through your mind. Don't judge them, just watch them and notice. What thoughts came to your mind?

[illegible]

Day 147

Date:

If you can change one thing in your life, what would that be?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 148

My Savings

Think of something you would like to buy and then set a goal to get it.

Saving for:

Savings Date / /	20% = \$ _____
Savings Date / /	20% = \$ _____
Savings Date / /	20% = \$ _____
Savings Date / /	20% = \$ _____
Savings Date / /	20% = \$ _____

Day 149

Date:

If you could make a living doing anything, what would it be?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 150

Write About It

Write about a book you love that has impacted your life.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 151

Date:

Future Ideas

If I could accomplish one thing in the next three months, what would it be?

[illegible]

Date:

Day 152

Being Present

Create a list of things you can do to help you slow down and feel more present.

1.

2.

3.

4.

5.

Day 153

Date:

What is a topic you want to learn about that you think will help you be happier?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, and the paper is otherwise completely blank.

Date:

Day 154

Comfort Zone

How can you step outside your comfort zone to grow?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 155

Date:

Set a goal to get rid of some well-worn items from your wardrobe. Take time to tidy it up and try to get close to your goal. Does doing this bring up any emotions?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 156

Talking It Out

Who is your favourite person to talk to?

[illegible]

Day 157

Date:

Buy or make a face mask. Lock yourself away for a bit, lie down and relax.

Spend this time reflecting on your life. What thoughts came to you during this time?

This image shows a full page of dot grid paper. The background is a solid light blue color. Overlaid on this background is a precise grid of small, dark grey or black dots. The dots are arranged in perfectly straight horizontal and vertical rows, creating a series of small squares across the entire page. There are no margins, text, or other markings present.

Date:

Day 158

A Good Friend

What makes you a good friend?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 159

Date:

What qualities do you think others admire about you?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 160

First Memories

What is the very first memory you remember?

[illegible]

Day 161

Date:

Would you rather be rich or happy?

[illegible]

Date:

Day 162

Self Pride

Describe one event/action you have taken that you are proud of.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 163

Date:

What is inspiring you right now?

[illegible]

Day 165

Date:

What wild and crazy foods would you like to try?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

Date:

Day 166

Reflecting On Your Relationships

Who is someone you would like to develop a closer relationship with?

[illegible]

Day 167

Date:

What is the first thing you do when you wake up in the morning?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 168

Your Health

How healthy are you and in which way could you be healthier?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a small dark smudge or mark near the top center of the page.

Day 169

Date:

Try a new food today. Go to your local supermarket or restaurant and dare to try something you have never tried before. Create a list of potential things you could try.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 170

Complete The Sentence

I am an awesome person because...

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

Day 171

Date:

Write about the best day you have had recently?

How did it come about and who else was involved.

[illegible]

Date:

Day 172

Your Day

What has been your favourite part of today?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 173

Date:

Are you a reliable person? Why and why not?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 174

Reflecting On The Past

What is something you regret doing and how did it impact who you are now?

[illegible]

Day 175

Date:

What emotions do you feel the most?

[illegible]

Day 177

Date:

Reflect on your daily routine and think of a positive habit you can add to your life. Ask yourself questions that help you establish it effectively.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 179

Date:

Strong Feelings

What pushes your buttons?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a small orange tab at the top left corner. The paper appears to be part of a notebook or a set of loose-leaf papers.

Date:

Day 180

Handling Criticism

Are you comfortable receiving criticism? Why or why not?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

Day 181

Date:

What would you say to someone that thinks self-care is selfish?

[illegible]

Day 183

Date:

Joyful Thoughts

List five things that bring you Joy at the moment.

1.

2.

3.

4.

5.

Date:

Day 184

Communicating Support

Do you ask for help or support when you need it?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a margin at the top, and the paper appears to be from a notebook or a standard sheet of stationery. The background is solid black.

Day 185

Date:

How will making yourself a priority positively impact your life?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 186

Funny Storytime

What is a funny story that makes you laugh every time?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Day 187

Date:

Choose one activity and set an alarm for the exact time you need to do it. Perform the activity at the chosen time without any interruption. Write about your experience.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 188

Recharging

How do you recharge?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Day 189

Date:

Your Support System

Make a list of the people in your life who make up your support system and write about what they do to help you feel supported.

1.

2.

3.

4.

5.

6.

Day 190

Date:

Feels Like

Describe what it feels like to be overwhelmed.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 191

What is something you are really good at?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a vertical red margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled sheet of paper.

Day 192

Date:

A Meaningful Life

Identify a habit you need to stop doing to live a more meaningful life.

[illegible]

Date:

Day 193

Good Things

Write about things that have been going well in your life recently.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

Day 194

Date:

Music - Make A Calm Playlist

Write 5 negative thought patterns you wish to transform.

1.

2.

3.

4.

5.

Date:

Day 195

If my body could talk, it would say...

[illegible]

Day 196

Date:

Reflecting On Yourself

What fulfills you?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the paper.

Date:

Day 197

How do you feel in your body right now?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 198

Date:

Surreal Experience

What is the most surreal experience you have ever had?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 200

Date:

Goals: Day 1

How will you take action on your goals today?

Goal I am working on:

What I am doing:

Goal I am working on:

What I am doing:

Date:

Day 201

Goals: Day 2

How will you take action on your goals today?

Goal I am working on:

What I am doing:

Goal I am working on:

What I am doing:

Day 202

Date:

Goals: Day 3

How will you take action on your goals today?

Goal I am working on:

What I am doing:

Goal I am working on:

What I am doing:

Date:

Day 203

Goals: Day 4

How will you take action on your goals today?

Goal I am working on:

What I am doing:

Goal I am working on:

What I am doing:

Day 204

Date:

Goals: Day 5

How will you take action on your goals today?

Goal I am working on:

What I am doing:

Goal I am working on:

What I am doing:

Date:

Day 205

Goals: Day 6

How will you take action on your goals today?

Goal I am working on:

What I am doing:

Goal I am working on:

What I am doing:

Day 206

Date:

Goals: Day 7

How will you take action on your goals today?

Goal I am working on:

What I am doing:

Goal I am working on:

What I am doing:

Date:

Day 207

What Would You Say?

What advice would you give to your younger self?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

Day 208

Date:

Follow Inspiration

Find and follow five social media accounts that make you feel inspired. Which accounts did you follow and why do they inspire you?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 209

What do you think you are missing right at this moment?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Day 210

Date:

Morning Routine

What are some adjustments you would like to make to your morning routine?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, and the paper is otherwise completely blank.

Day 212

Date:

Moments You Can't Forget

Describe the most unforgettable moment in your life.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 213

Healthy Habits

If you having a rough day, some healthy things you can do to feel better are...

+	+
+	+
+	+
+	+
+	+

Day 214

Date:

Complete The Sentence

Today I am feeling...

[illegible]

Date:

Day 215

What do you value most in relationships?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 216

Date:

Out Of Comfort Zone

How can you encourage yourself when you're trying something new?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface. The top edge of the paper is slightly irregular, like a torn piece of paper.

Day 218

Date:

Reflecting On Yourself

How can you swap envy for joy when other people accomplish things?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 219

Do you worry about money and how does that affect your day-to-day life?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled sheet of paper.

Day 220

Date:

Complete The Sentence

My life would be incomplete without...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 221

Procrastination

What is something you are procrastinating on? Can you make a plan to do it?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

Day 222

Date:

Children's Books

What was your favourite story or book as a child? Why did you like it so much?

[illegible]

Date:

Day 223

What is something you regret not doing? Can you still do it?

I regret...

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 224

Date:

10 Things About You

What are ten things you really wish others knew about you?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Date:

Day 225

What is something important that you learned this week?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Day 226

Date:

Movies You Love

What movie holds a special memory for you?

[illegible]

Date:

Day 227

Describe the way you feel when you are calm vs when you are anxious.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Day 228

Date:

Being Normal

What does normal mean to you? Is it good or bad to be normal?

[illegible]

Date:

Day 229

Uniqueness

What are three things that make you unique?

1.

2.

3.

Day 230

Date:

Social Notes

What are the upsides and downsides of spending time online?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Date:

Day 231

What is one thing about yourself that you would never change?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 232

Date:

Seasonal Notes

Which is your favourite season? Why?

[illegible]

Date:

Day 233

Stay Focused

List ten things that usually take your focus away when you're trying to get things done.

1.

2.

3.

Day 234

Date:

Reflections

Do you often regret your actions or words?

[illegible]

Date:

Day 235

Social Media

How many hours a day are you using social media?

How do you feel it affects your daily life?

[illegible]

Day 236

Date:

Seeing The Good In You

What are you admired and complimented for the most?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 237

What is the best advice you have ever received?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Day 238

Date:

A Creative Moment

Draw freely. Now is the time to express yourself.



Day 239

Date:

Write about a failure you had. What can you learn from that?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 240

Lessons Learned

What is a lesson you will never forget?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

Day 241

Date:

When do you feel the most creative?

[illegible]

Date:

Day 242

Reflecting On Your Relationships

Are you happy with your current friendships and/or relationships?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice. There are approximately 20 lines visible on the page.

Day 243

Date:

Is there one specific thing you are trying to work on?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 244

Stay Active

What is a fun activity that also helps you stay active?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 245

Date:

Personal Strengths

Make a list of 5 meals or snacks you can cook very well.

1.

2.

3.

4.

5.

Day 247

Date:

Do you have a safe place? If you don't, do you need one?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 248

Calming Activities

What are your top five favourite emotionally calming activities? Why?

1.

2.

3.

4.

5.

Day 249

Date:

Life Outlook

Has anything changed your outlook on life?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a small orange tab at the top left corner. The paper appears to be part of a notebook or a set of loose-leaf papers.

Day 251

Date:

How can you schedule more time for your health and wellness?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the paper.

Day 253

Date:

Do you dwell on past conversations and experiences to analyse where you went wrong?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Day 255

Date:

Write about three things that have inspired you lately.

Choose one of them and describe how you can use it for your next project or activity.

1.

2.

3.

How I can use this for my future endeavour:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 256

A Better You

Are you a forgiving person? Is there any space for improvement?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 257

Date:

Do you apologise often and do you think this is always necessary?

[illegible]

Date:

Day 258

Big Choices

What have been the most difficult choices you have had to make in your life?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 259

Date:

How good are you at problem-solving?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 260

Identifying Triggers

What annoys or bothers you the most?

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 261

Date:

How easy is it for you to admit your mistakes?

Think about a recent mistake you have made and how you handled that experience.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Day 263

Date:

How good are you at time management? How can you improve?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Day 265

Date:

What is a gift you would like to receive?

[illegible]

Date:

Day 266

Write About It

What would you like to avoid doing in life?

[illegible]

Day 267

Date:

What would you like to attempt if you are given assurance that you would not fail?

[illegible]

Date:

Day 268

Dinner With Friends

Organise a dinner with your friends.

Create a list of friends you'd like to invite and a list of possible places to book.

[illegible]

Day 269

Date:

Which part of your life do you think you need to devote more time to?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 270

My Influences

Do you depend on others to make decisions?

[illegible]

Day 271

Date:

What do you like the most about your life?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Day 273

Date:

How often do you bring out your creative side?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 274

A Special Song

What is a song that takes you to a happy memory?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

Day 275

Date:

What makes you feel good about yourself?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 276

Leader Or Follower?

Are you a leader or a follower? Are you happy with your present mindset?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 277

Date:

A Road-Block

Is there anything that is holding you back from living your best life?

List them and ways that you could work toward making a change for each one.

+

+


+

+

+

+

+



+

+

+

+

+

+

+

Day 278

Date:

Life Notes

What do you dislike or hate the most about your life?

[illegible]

Date:

Day 279

What makes you feel guilty or bad about yourself?

[illegible]

Day 280

Date:

5 Things

Create a list of 5 things you can control and 5 things you can not control.

1.

1.

2.

2.

3.

3.

4.

4.

5.

5.

Date:

Day 281

What was the most important decision you ever made in life?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 282

Date:

Comfort Zone

How often do you venture outside your comfort zone?

How does that make you feel?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 283

Do you prefer city life or country life?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 284

Date:

Life

What makes you feel the most alive?

[illegible]

Day 286

Date:

Start Today

Write in the space below the things you have been putting off, then close your eyes and pick one randomly and start doing it today.

Day 288

Date:

Life Notes

What makes life worth living?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 289

How well do you adapt to changes in life?

[illegible]

Day 290

Date:

Personal Check-In

How do you feel right now?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a solid orange vertical bar along the left edge of the paper. The top of the page has a yellow header area. The overall appearance is that of a clean, unused piece of stationery or a template for writing.

Date:

Day 291

Meeting People

Create a list of people you would like to meet and write about why you would like to meet them.

1.

2.

3.

4.

5.

Day 292

Date:

Food For Thought

Do you prefer eating out to home-cooked meals? Why?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 293

Do you think crying is healthy? How often do you cry?

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, and the paper is otherwise completely blank.

Day 294

Date:

Balanced Mindset

Do you think you have a balanced mindset? How can you improve?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are approximately 20 lines visible on the page.

Date:

Day 295

What can you do to shift your mindset when it isn't working for you?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 296

Date:

Happy You

Did you smile or laugh today? What prompted that?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 297

How often do you experience mood swings? How do you deal with them?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 298

Date:

Your Emotions

Which one of your emotions do you want to get rid of? Why?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 299

How do you deal with emotional pain?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins or other markings on the paper.

Day 300

Date:

Solo Coffee Date

Make a plan to try a local coffee shop. Write a list of potential places you could go to.

1.

2.

3.

Date:

Day 301

What has been the best phase of your life so far?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Day 302

Date:

Sensory Feelings

What smell reminds you of something or someone from your past?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 303

Can others make you feel bad about yourself?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

Day 304

Date:

Your Emotions

Do you hide your emotions or wear them on your sleeve? Why?

[illegible]

Day 306

Date:

Your Future

What do you fear the most about your future?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a small orange tab at the top left corner. The paper appears to be part of a notebook or binder.

Date:

Day 307

Take time to give yourself a home manicure and massage your hands with oil or moisturiser. How did it feel? Does taking this time for yourself bring up any emotions?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 308

Date:

Reflection On Your Life

Did your life turn out how you imagined it when you were a child?

In what way has it stayed the same and in what way has it changed?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are approximately 20 lines visible on the page.

Date:

Day 309

Do you have the habit of correcting others?

If so, do you think they appreciate your effort?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

Day 310

Date:

Reflections

What is the best gift you have given?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

Date:

Day 311

Supportive People

List your closest friends - people you can rely on and go to when you are in need. Why are they so special to you? How did you become so close?

Name:

Name:

Name:

Day 312

Date:

Better Life

Think about one person who has made your life better.
Write about them and how they did/do this for you.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 314

Date:

Keep In Touch

Call three friends or family members you haven't talked to in a long time.
Use the space below to create a list of potential people to call.

1.

2.

3.

Day 316

Date:

Sabotaging Habits

Do you think you have destructive tendencies in you?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 318

Date:

Personal Traits

What is your strategy to deal with confrontation?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard sheet of stationery.

Date:

Day 319

Handling Toxicity

How do you handle toxic people?

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a small dark speck near the top center of the page.

Day 320

Date:

Outside Opinions

Are you concerned about what others think of you?

[illegible]

Date:

Day 321

What makes you feel the healthiest?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Day 322

Date:

Physical Health

What can you do to improve your physical health?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 323

Healthy Habits

Create a list of ten small things you can do every day to be healthier.
Then pick as many as you like and commit to them for at least one week.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Day 324

Date:

Life Balance

Do you think you have figured out how to balance your work and life?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 326

Date:

Reflecting On Your Relationships

How do you get along with people with viewpoints different from yours?

[illegible]

Date:

Day 327

Do you feel comfortable meeting strangers?

[illegible]

Day 328

Date:

Addictive Habits

Are you addicted to anything?

If so, do you think you need to make changes to your addictive habits?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Date:

Day 329

Get It Done

List three things you want to have done before the end of the year.

1.

2.

3.

Day 330

Date:

Reconnecting

Do you want to reconnect with someone in your past? Why?

[illegible]

Date:

Day 331

Have you experienced heartbreak?

What happened and how did you deal with it?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 332

Date:

Your Body

What do you think is your best body feature?

[illegible]

Day 334

Date:

Rest Day

How do you know when your body needs to rest?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 335

If you can forget about health and fitness, would you change your lifestyle?

[illegible]

Day 336

Date:

Health Advice

Do you listen to others or your instinct regarding health? Why?

[illegible]

Date:

Day 337

Do you find it easy to accept others for who they are?

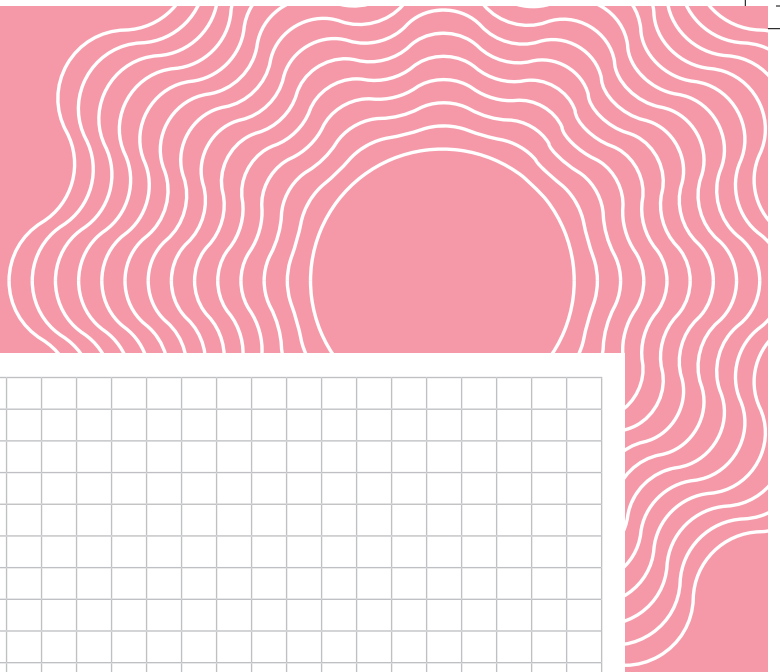
[illegible]

Day 338

Date:

Take Five

Allocate five minutes of your day to write or draw whatever comes to mind. No pressure for it to be perfect, just put pen to paper.



Day 339

Date:

How can you better manage stress in your life? Do some research today about the adverse effects of stress and come up with new ways to handle it.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 340

My Career

Where is your career heading?

[illegible]

Day 341

Date:

What are some ways you can achieve working at your dream job?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Day 343

Date:

Name something you struggle to understand.

[illegible]

Date:

Day 344

My Parents

Write about your relationship with your parents.

What have you learned from them?

Parent Name: _____

Parent Name: _____

[illegible]

Day 345

Date:

Have you ever felt numb? What triggered it?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date:

Day 346

Reflecting On Yourself

Would you consider yourself an insecure person? Explain.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a margin at the top, followed by several rows of writing space. The paper appears to be from a notebook or a standard sheet of stationery.

Day 347

Date:

Describe what you are working towards currently.

[illegible]

Date:

Day 348

Exploring Generosity

What is an organisation you would donate \$1 million dollars towards if money were not an issue? Why did you chose this specific place?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

Day 349

Date:

When do you trust yourself most?

When do you find it harder to have faith in your instincts?

[illegible]

Date:

Day 350

Reflecting On My Emotions

Describe five activities you love to do when you are feeling low.

1.

2.

3.

4.

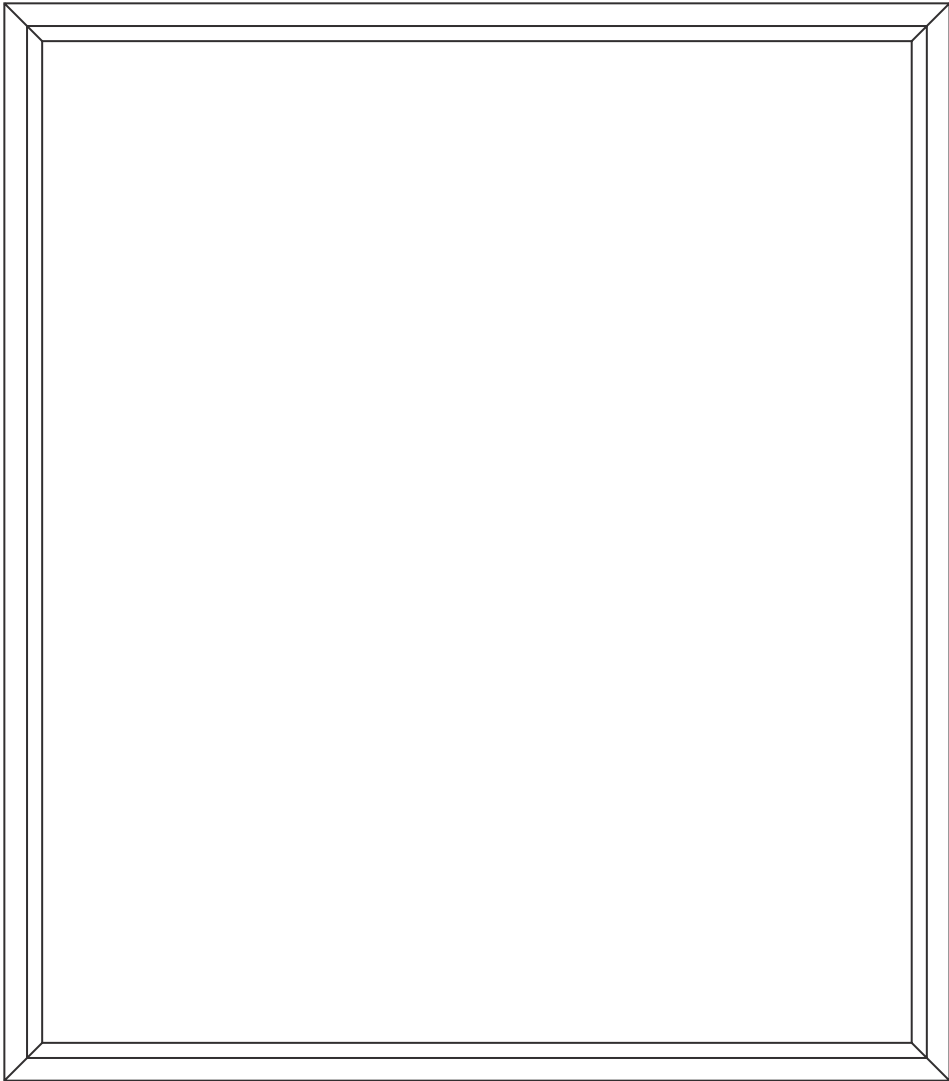
5.

Day 351

Date:

Plant Lady

Which is your favourite house plant? Create a doodle of this or any plant.



Date:

Day 352

Donate

Donate to a charity. Find local charities or causes that are close to your heart. Use this space to list potential charities you'd like to donate to.

1.

2.

3.

4.

5.

Day 353

Date:

Do you follow a healthy diet? How can you improve?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date:

Day 354

The Outdoors

What is your favourite outdoor activity?

[illegible]

Day 355

Date:

Write a letter to your past self.

Dear past me...

[illegible]

Love from

Date:

Day 356

Complete The Sentence

I want to forgive...

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 357

Date:

What skills are you planning to gain in the future?

This image shows a single page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines or other markings on the page.

Date:

Day 358

Vulnerability

List some examples of when you have been vulnerable in the past.

When are some times you could be more vulnerable in the future?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

Day 359

Date:

Three Tasks

What are three things you need to complete this week?
How can you plan to achieve all three of them?

1.

2.

3.

Date:

Day 360

Good Habits

What good habits would you like to create in the next five years?

1.

2.

3.

4.

5.

Day 361

Date:

Future Goals

What are your goals for the next year?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a small orange tab at the top left corner. The paper appears to be part of a notebook or a set of loose-leaf papers.

Date:

Day 362

Thinking About Moving Forward

What is the one thing that makes you excited about the future?

[illegible]

Day 363

Date:

You Are Enough

How can you remind yourself that you're enough?

1.

2.

3.

4.

5.



6.

7.

8.

9.

10.

Day 364

Date:

What do you hope for the most in the future?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the paper.

Date:

Day 365

How are your goals similar or different from the goals you had five years ago?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Day 366

Date:

Future Achievements

What is something you want to achieve in the next five years?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

My Reflection

Write or draw a little reflection about your wellness journey here.



MAKE
YOURSELF
A PRIORITY.