

# MENTAL WELLNESS & PRODUCTIVITY

Date: \_\_\_\_\_

## DAILY INTENTIONS

## WELLNESS CHECK

Meditation / Silence

Physical Movement

Hydration (8 Glasses)

Outdoor Time

## MOOD TRACKER

- 1
- 2
- 3
- 4
- 5

Low Energy    Balanced    High Energy

## TOP PRIORITIES

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## GRATITUDE

## EVENING REFLECTION

"Small steps lead to big changes."