

# DAILY REFLECTION & WELLNESS

Month:  
Focus/Intention:

| DAY       | MOOD<br>INDEX | SELF-CARE TASK COMPLETED | ONE THING I'M<br>GRATEFUL FOR |
|-----------|---------------|--------------------------|-------------------------------|
| Monday    |               |                          |                               |
| Tuesday   |               |                          |                               |
| Wednesday |               |                          |                               |
| Thursday  |               |                          |                               |
| Friday    |               |                          |                               |
| Saturday  |               |                          |                               |
| Sunday    |               |                          |                               |

WEEKLY REVIEW & MENTAL CLARITY NOTES