

HOLISTIC MENTAL WELLNESS

Daily Intentional Check-in

Week of: _____

Pillar	Metric / Goal	M T W T F S S
Physical	7+ Hours Sleep / Movement	
Emotional	Journaling / Mood Awareness	
Cognitive	Learning / Focus Time	
Social	Meaningful Connection	
Spiritual	Meditation / Mindfulness	

Reflections & Gratitude:

"Small habits lead to significant shifts."