



Weekly Journal

Week of _____ Name _____

How I felt this week (circle) 1 2 3 4 5 6 7 8 9 10

Write down activities you did this week for wellness

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM							
PM							

M,

Identify a Step for each activity above & write a Response Feeling *example: activity "Hike" ... list this in Step 3 ... response feeling "feel alive"*

	Step 1 Take Responsibility	Step 2 Renew Mind	Step 3 Renew Spirit	Step 4 Renew Body	Step 5 Maximize Resources	Step 6 Live in 3D	Step 7 Do it Daily
Activity Response							
Activity Response							
Activity Response							