STRESS-LESS JOURNAL

week of _____

Monday

☐ Today I'm grateful for: _____

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☐ Today for self-care I: _____

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☐ Sleep: _____

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☐ Movement: _____

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Tuesday

☐ Today I'm grateful for: _____

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☐ Today for self-care I: _____

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☐ Sleep: _____

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☐ Movement: _____

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Wednesday

☐ Today I'm grateful for: _____

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☐ Today for self-care I: _____

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☐ Sleep: _____

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☐ Movement: _____

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Thursday

☐ Today I'm grateful for: _____

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☐ Today for self-care I: _____

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☐ Sleep: _____

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☐ Movement: _____

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Friday

☐ Today I'm grateful for: _____

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☐ Today for self-care I: _____

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☐ Sleep: _____

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☐ Movement: _____

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Saturday

☐ Today I'm grateful for: _____

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☐ Today for self-care I: _____

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☐ Sleep: _____

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☐ Movement: _____

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Sunday

☐ Today I'm grateful for: _____

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☐ Today for self-care I: _____

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☐ Sleep: _____

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☐ Movement: _____

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Notes:

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