

WELL-BEING

DIARY / JOURNAL

with well-being trackers



Teacher's Notes

This well-being journal will take your self-care to a whole new level!

Journaling has been proven to reduce physical disease symptoms and anxiety, enhance self-esteem and increase self-awareness. It can also improve your self love and help you become really in tune with your own thoughts and emotions.

Writing engages both the left and right side of the brain, enhancing problem solving capabilities. A journal is not a planner, a journal is for recording what happened in your life and it is extremely valuable to then look back at what you have recorded to look for patterns or identify areas of growth.

Because some people find it hard to just write all their feelings down, this journal will offer some prompts in the following areas:

What to record every day:

- Achievement diary (makes you see that you're being successful and making progress even though it doesn't feel like it at the time)
- Well-being tracker (star chart to measure happiness, calmness, health and energy)
- Things you're grateful for (celebrating the good things in your life)
- What did you do for yourself today?
- How could you have made today better?



Teacher's Notes

How to print and use:

The complete well-being journal has been designed to be a "pick and mix" type of journal depending on your needs and desired outcomes.

Each page has been uniquely drawn by hand with each month having a different theme designed to help you practice mindfulness as you color the pages in.

You can print the pages in monthly themes, or if you prefer one or two styles, you can create your whole journal in one style - the choice is yours!

If you are more of a casual journal writer, perhaps you want to just print the monthly or weekly summary pages where there is less pressure to write as much - ideal if you're just starting out.

If you're more of a serious journal writer who wants to commit to recording your life every day, then the single pages are best for you. If you want the guided prompts to help you structure your writing, you can print those off (and edit the text if you prefer!) or there is a blank option for you to just write whatever your heart desires on that day.



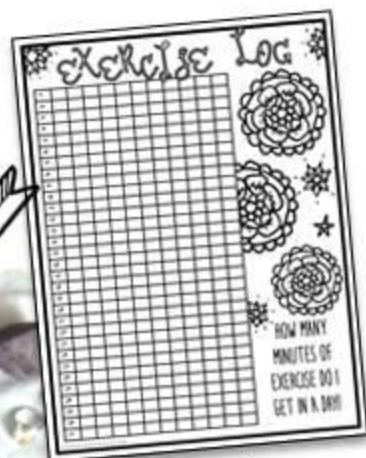
Teacher's Notes

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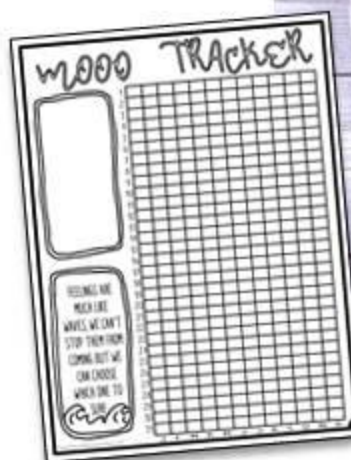
A unique feature of the complete well-being journal are the trackers. These are essential in promoting well-being as they help you monitor your progress in any areas of your life that you would like to focus on. Here is how to use each page:



Write your habits that you want to adopt and every day each month, shade in when you achieve them.



Decide on an exercise goal for the month and track how many minutes you do each day. Each box can count for any number of minutes you choose!



Assign a colour to a mood and shade in each day of the year with how your day went. This gives a very powerful overview of your year!



Each cloud is allocated a day of the month. Record how many hours of sleep you get every night!



Teacher's Notes

The exercise tracker can be adapted to suit individual targets and allow for expansion. For example a beginner may assign each box to mean one minute and eventually build up to assigning each box to be 2-5 minutes. You could also record specific workouts you want to focus on for each box too and color code accordingly:



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On one of the daily journal pages, there is also a daily tracker where you rate yourself in 4 different areas. The idea is that the larger the square / rectangle, the better your overall well-being was for that day. Here is a suggestion for how you can rate yourself in each area:

Happiness:

- 1 = sad
- 3 = content
- 5 = ecstatic

Calmness:

- 1 = stressed
- 3 = balanced
- 5 = totally zen

Health:

- 1 = sick
- 3 = fine
- 5 = at my peak

Energy:

- 1 = drained
- 3 = mid zone
- 5 = hyped



Teacher's Notes

The "things I love" pages are to remind yourself about all that is good in the world and in you. This page can be creatively filled with words and things that describe what you love.



There are 3 versions of the "about me" page: a boy, girl and a blank one where students can draw freely to resemble themselves.

