

Daily Wellness
Journal



Instructions

Daily Intention

Each morning, choose a **positive intention** that you would like to remember during the day, so it can guide your relationships and interactions with others.

Later, when an interaction seems stressful, you can silently recall your intention and see if it changes your conversation in a positive way.

It's common to forget at first. Remembering comes with practice!

Examples

- * I intend to be patient
- * I intend to be compassionate
- * I intend to practice forgiveness

At the end of your day, reflect on whether you had an opportunity to recall your intention. If so, how did it go? If not, you can begin again tomorrow

It's okay to repeat the same intention each day, or you can choose a different one.

Gratitude Practice

This practice broadens and builds your ability to notice **positive qualities**. Before you go to sleep at night, think back on your day to find three things you're grateful for. It's important to be specific

Example:

Monday, 7/30, 1. My granddaughter Amy, when she kissed my neck this afternoon. 2. The feel of the shower on my shoulders this morning. 3. My colleague Julie, when she took me out for coffee.

Weekly Self-Care Goals

Can you think of four kinds of goals each week: **physical, social, mental, and spiritual**? Think of an activity for each one. Be specific –this will help you to fulfill your goal.

It's okay if some of your goals overlap. For example, “walk with Jane” is both physical and social.

After you've completed the week, return to your entry and reflect upon your experience. Then, write your goals for the week ahead.

You don't need to list something for every day. What matters is that you have a realistic plan that you actually like!

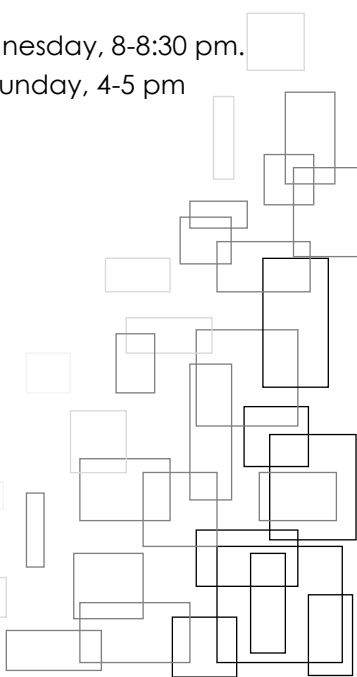
Examples

- * Physical – Walk uphill: from home to 8th Avenue, Tuesday and Friday, 30 minutes, 6-6:30 am.
- * Social – Farmers market for breakfast with Bill and Ann and kids, Saturday, 10-11:30 am.
- * Mental – Practice clarinet, Wednesday, 8-8:30 pm.
- * Spiritual – Walk on the beach, Sunday, 4-5 pm

For further insight into the benefits of these practices:

UC Berkeley's Greater Good Science Center and Greater Good Magazine (ggsc.berkeley.edu) & (greatergood.berkeley.edu)

Created by Judy Long, Chaplain and Jana Guenther, Research Coordinator
University of California, San Francisco



Goals of the Week

Physical (e.g. walking, boxing, etc)

Day:

Time:

Reflection:

Social (e.g. lunch with a friend, birthday party, etc.)

Day:

Time:

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Mental (e.g. study Spanish, play chess, etc.)

Day:

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Daily Intentions

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Gratitudes and Appreciations

Wednesday Date: _____

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Gratitudes and Appreciations

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