DAILY Wellness Planner

Date: .....

WALK IN MY SHOES
St Patrick's Mental Health Services

Today's intentions ☆

1 .....
2 .....
3 .....

Self-care

1 .....
2 .....
3 .....

Physical activity

What I plan to do today: .....

.....

.....

Duration: .....

How I feel after: .....

Meals

Breakfast

.....

.....

Lunch

.....

.....

Dinner

.....

.....

Snack

.....

.....

Water intake

Aim for 8 glasses!

Sleep

Wake-up time:

Hours slept:

Gratitude ☆

.....

.....

.....

Reflection

End of day reflections

.....

What supported me today?

.....

What can support me tomorrow?

.....