

Welcome



This journal is your safe space to pause, reflect, and nurture emotional balance. Each page is designed to help you reconnect with yourself — gently, honestly, and without judgment.

There is no right way to feel, and no wrong way to fill these pages. Come back to this journal whenever you need a quiet moment — each morning, each evening, or whenever your heart asks for space.

“Breathe. You are exactly where you need to be.”

Daily Check-In

A gentle pause to notice how you feel

How am I feeling right now?

☐

Calm

☐

Stressed

☐

Joyful

☐

Tired

☐

Hopeful

What's on my mind today?

One thing my body needs today

“Whatever you feel is valid. Just breathe.”

Gratitude Space

Today I am grateful for ...

1.

2.

3.

Gratitude turns what we have into enough.

Mood Tracker

Notice patterns in your emotions

Mood scale



Good



Okay



Low

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Morning



Evening



Note

This week, I noticed my mood tends to lift when ...

EMOTIONAL WELLBEING JOURNAL

Self-Care Checklist

Small acts of tenderness toward yourself

☐ Hydration

☐ Movement

☐ Rest

☐ Journaling

☐ Tea time

☐ Outdoor time

☐ Positive affirmations

Which one act of care will you offer yourself today?

Affirmations

Write 3 affirmations that uplift you today

"I am worthy of peace."

1.

2.

3.

Read them aloud, slowly, and let them settle in.

Stress Release



Naming a worry is the first step to easing it

What is worrying me right now?



What can I let go of?

Joy Journal



What brought me joy today?

Doodle or jot down a little moment of joy

Weekly Reflection

Looking back with kindness



Wins this week



Challenges faced



Lessons learned



Focus for next week

EMOTIONAL WELLBEING JOURNAL



“Emotional wellbeing is not the absence of struggle, but the presence of gentle self-care.”

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