

Wellness Worksheet

Name:	Age:
Gender:	Date:
Self-reflection	
<i>Reflect on your current state and rate how you feel on a scale of 1 to 5.</i>	
Questions	Rating (1 = Lowest, 5 = Highest)
How would you rate your overall mood today?	
How stressed do you feel right now?	
How overwhelmed do you feel right now?	
How relaxed do you feel today?	
How well did you sleep last night?	
How would you rate your overall mood today?	
Goal-setting	
<i>Define your wellness goals and break them down into achievable actions.</i>	
Short-term goals	Actionable steps
Long-term goals	Actionable steps

Emotional well-being

Record your emotions today and note any coping strategies you used.

Emotions experienced today	Coping strategies used (if any)

Gratitude journal

List things you're thankful for and explain why they matter to you.

Things I am grateful for:	I am grateful because:

Daily habits and activity tracker

Track your activities, the time spent, and any comments or observations.

Time	Activity	Duration	Comments

Additional notes