

Daily Wellness & Gratitude Journal

A simple daily practice combining wellness check-ins with faith-rooted gratitude.

For encouragement only. Not medical or spiritual direction. Consult your care team and faith community.

DAY 1

Date: _____

MORNING CHECK-IN

How am I feeling right now? (circle one)

Peaceful · Anxious · Tired · Hopeful · Sad · Grateful · Numb · Strong

My body feels:

One intention for today:

Something I am grateful for this morning:

EVENING REFLECTION

One moment today I am thankful for:

Something that was hard today:

How I cared for myself today (body, mind, or spirit):

A word or phrase I want to carry into tomorrow:

"Strength and honor are her clothing; she shall rejoice in time to come." — Proverbs 31:25, NKJV

Daily Wellness & Gratitude Journal

A simple daily practice combining wellness check-ins with faith-rooted gratitude.

For encouragement only. Not medical or spiritual direction. Consult your care team and faith community.

DAY 2

Date: _____

MORNING CHECK-IN

How am I feeling right now? (circle one)

Peaceful · Anxious · Tired · Hopeful · Sad · Grateful · Numb · Strong

My body feels:

One intention for today:

Something I am grateful for this morning:

EVENING REFLECTION

One moment today I am thankful for:

Something that was hard today:

How I cared for myself today (body, mind, or spirit):

A word or phrase I want to carry into tomorrow:

"I can do all things through Christ who strengthens me." — Philippians 4:13, NKJV

Daily Wellness & Gratitude Journal

A simple daily practice combining wellness check-ins with faith-rooted gratitude.

For encouragement only. Not medical or spiritual direction. Consult your care team and faith community.

DAY 3

Date: _____

MORNING CHECK-IN

How am I feeling right now? (circle one)

Peaceful · Anxious · Tired · Hopeful · Sad · Grateful · Numb · Strong

My body feels:

One intention for today:

Something I am grateful for this morning:

EVENING REFLECTION

One moment today I am thankful for:

Something that was hard today:

How I cared for myself today (body, mind, or spirit):

A word or phrase I want to carry into tomorrow:

"Be still, and know that I am God;" — Psalm 46:10, NKJV

Daily Wellness & Gratitude Journal

A simple daily practice combining wellness check-ins with faith-rooted gratitude.

For encouragement only. Not medical or spiritual direction. Consult your care team and faith community.

DAY 4

Date: _____

MORNING CHECK-IN

How am I feeling right now? (circle one)

Peaceful · Anxious · Tired · Hopeful · Sad · Grateful · Numb · Strong

My body feels:

One intention for today:

Something I am grateful for this morning:

EVENING REFLECTION

One moment today I am thankful for:

Something that was hard today:

How I cared for myself today (body, mind, or spirit):

A word or phrase I want to carry into tomorrow:

"The Lord your God in your midst, the Mighty One, will save; He will rejoice over you with gladness." — Zephaniah 3:17, NKJV

Daily Wellness & Gratitude Journal

A simple daily practice combining wellness check-ins with faith-rooted gratitude.

For encouragement only. Not medical or spiritual direction. Consult your care team and faith community.

DAY 5

Date: _____

MORNING CHECK-IN

How am I feeling right now? (circle one)

Peaceful · Anxious · Tired · Hopeful · Sad · Grateful · Numb · Strong

My body feels:

One intention for today:

Something I am grateful for this morning:

EVENING REFLECTION

One moment today I am thankful for:

Something that was hard today:

How I cared for myself today (body, mind, or spirit):

A word or phrase I want to carry into tomorrow:

"casting all your care upon Him, for He cares for you." — 1 Peter 5:7, NKJV

Daily Wellness & Gratitude Journal

A simple daily practice combining wellness check-ins with faith-rooted gratitude.

For encouragement only. Not medical or spiritual direction. Consult your care team and faith community.

DAY 6

Date: _____

MORNING CHECK-IN

How am I feeling right now? (circle one)

Peaceful · Anxious · Tired · Hopeful · Sad · Grateful · Numb · Strong

My body feels:

One intention for today:

Something I am grateful for this morning:

EVENING REFLECTION

One moment today I am thankful for:

Something that was hard today:

How I cared for myself today (body, mind, or spirit):

A word or phrase I want to carry into tomorrow:

"I will praise You, for I am fearfully and wonderfully made." — Psalm 139:14, NKJV

Daily Wellness & Gratitude Journal

A simple daily practice combining wellness check-ins with faith-rooted gratitude.

For encouragement only. Not medical or spiritual direction. Consult your care team and faith community.

DAY 7

Date: _____

MORNING CHECK-IN

How am I feeling right now? (circle one)

Peaceful · Anxious · Tired · Hopeful · Sad · Grateful · Numb · Strong

My body feels:

One intention for today:

Something I am grateful for this morning:

EVENING REFLECTION

One moment today I am thankful for:

Something that was hard today:

How I cared for myself today (body, mind, or spirit):

A word or phrase I want to carry into tomorrow:

"Come to Me, all you who labor and are heavy laden, and I will give you rest." — Matthew 11:28, NKJV