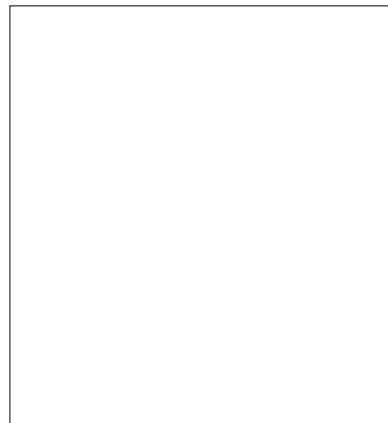


Date: __/__/__

My wellness journal

What's happened this week?



**This week I have
achieved.....**

I'm grateful for....

I'm worried about

My act of kindness