

# DAILY WELLNESS LOG

Date: \_\_\_\_\_

## Daily Affirmation

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## One thing I did today I am proud of

1. ....  
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2. ....  
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3. ....  
.....  
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## Today I felt good about myself when

.....  
.....  
I felt proud of me today when  
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.....  
.....


## One way I spoke kindly to me today

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.....  
Today I accomplished  
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.....  
.....  
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## Wellness Log

Water Tracker 

Exercise Log  
.....

Mood Tracker 

### Self care I did today

What I did  
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How long I was able to do it  
.....

Tomorrow I would like to try  
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## Thoughts and Reflections

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