

My Monthly Wellness Journal

**This planner
belongs to:**

Instructions: Use these printable pages to create your perfect planner. Remove or duplicate pages to customize your planner based on your needs. You can also use our blank pages to customize what you want to track.

Missed a day? That's OK! Print pages only when you need them to avoid blank space. Then, hole punch each page and add them to a binder.

Happy planning!



By

Quicken Loans®

I am

(positive affirmation)

**Yesterday's
Accomplishments**

**Today's
Priorities**

**Tomorrow's
Action Items**

Brain Dump

Ratings

Stress ☐ ☐ ☐ ☐ ☐

Health ☐ ☐ ☐ ☐ ☐

Mood ☐ ☐ ☐ ☐ ☐

Self-Compassion ☐ ☐ ☐ ☐ ☐

Did you put too much on your plate?

Big Picture

Write or draw what you're manifesting:

Prepare Your Mind

Clear your mind so you can move forward with clarity!



Remember This

Write it down so you won't forget.



I'm Excited About

Your future is bright.



On My Mind

What are your worries and stresses?



I'm Letting Go Of

What's not serving you anymore?

Month At A Glance

J F M A M J J A S O N D

SUN	MON	TUES	WED	THURS	FRI	SAT



Last month I accomplished

Go ahead, brag. Nothing is too small!



This month I'm focusing on

See, Believe, Manifest.

Vision Board

Use this space to draw your dreams, or cut and paste images that inspire you.

I am _____

Brain Dump

Ratings

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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