



BALANCE & BIRCH

VIRTUAL WELLNESS CENTER



30-DAY
WELLNESS
JOURNAL

How to use this Journal

Here's a guide on how you can use this 30-Day Journal

Before you begin:

- Core Values: Begin with identifying your core values; this will help you decide on your goals for the month.
- Goal Setting: Choose your top three goals, and brainstorm some ways you may get there! Make sure to reward yourself along the way as you're more likely to engage this way!
- Pick a New Habit: A great way to get to our wellness goals is by using the next month to develop a habit. Make sure to go back to this page each day you work on your new habit!

Let's Go! Each day you have 4 Pages:

- Daily Plan: Start your day planning any to-do list items or priorities. Track your wellness, mood, and more.
- Self-Care Checklist: Self-care is not optional; it's self-preservation. Check off something you did for yourself today.
- Lined Page: Write about a few things that happened during the day and how they made you feel.
- Space for Creativity: If you enjoy creative expression, this space is for any form of art that complements your journaling.

Final Reflection:

- Write about how the month went! What do you want to try next?

Need help? Have questions?

Check out our services at www.balanceandbirch.com or email us at office@balanceandbirch.com

My Core Values

Defining your core values can help make those tough decisions in life, no matter how big or small. It can also provide clarity on your goals and intentions.

Choose up to six values from the list below (or add your own) that best resonate with you, then highlight them in the boxes below! Try not to exceed six so you can focus on what truly matters.

Love	Courage	Humility
Kindness	Beauty	Expression
Fun	Simplicity	Persistence
Playfulness	Achievement	Generosity
Integrity	Learning	Lightness
Purpose	Discipline	Honesty
Ambition	Vision	Compassion
Individuality	Respectfulness	Service
Enjoyment	Flexibility	Creativity
Community	Equality	Optimism

30-DAY GOALS

DATE

My Top Three Goals	
1	_____
2	_____
3	

Action Plan

	STEP 1	STEP 2	STEP 3	STEP 4	STEP 5

Rewards	1	2	3	4

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New Habit Challenge

New Habit:

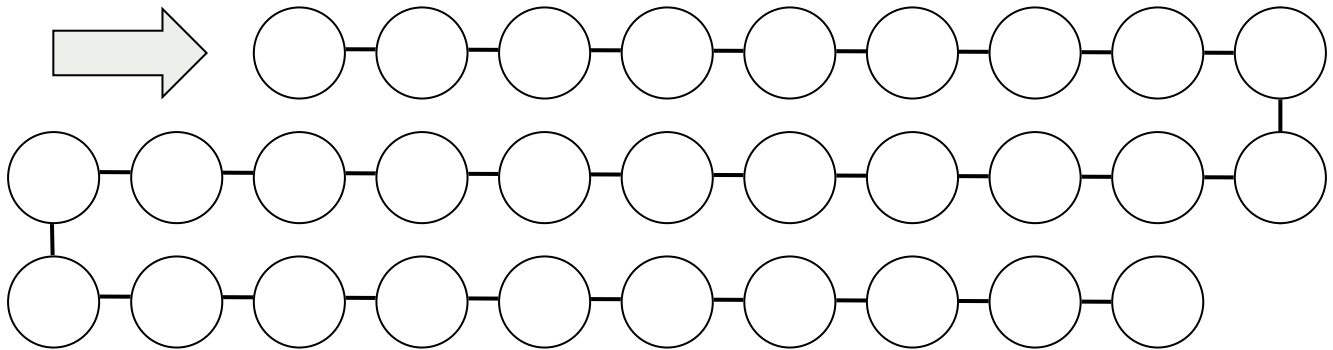
Why is this important for me?

Strengths:

Weaknesses:

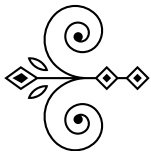
Reward:

Let's do this!



RATE THIS CHALLENGE





Today's Plan



DATE:

M T W T F S S

SOMETHING I AM
GRATEFUL FOR
TODAY:

BREAKFAST:

LUNCH:

DINNER:

SNACK:

5 PRIORITIES:

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THINGS TO GET
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MOOD:

GOALS:

- 1. _____
- 2. _____
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WATER INTAKE



I MOVED MY
BODY TODAY BY:

NOTES:

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SELF-CARE CHECKLIST

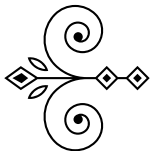
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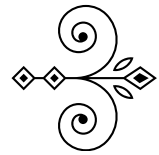
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A Creative Space:





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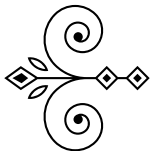
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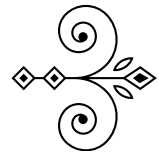
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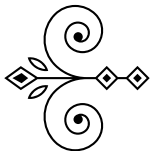
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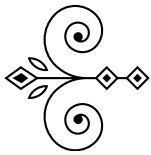
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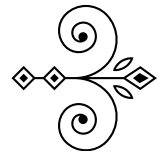
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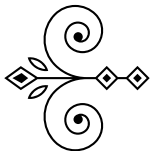
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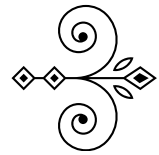
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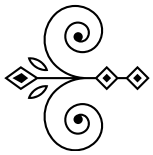
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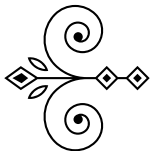
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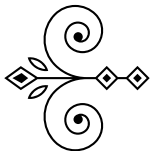
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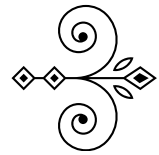
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MOOD:

GOALS:

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- 3. _____
- 4. _____
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WATER INTAKE



I MOVED MY
BODY TODAY BY:

BREAKFAST:

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SNACK:

NOTES:

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SELF-CARE CHECKLIST

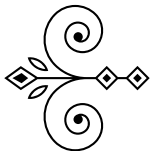
Self-care isn't selfish or a luxury.

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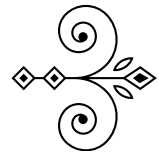
<input type="checkbox"/>	Take a long bath or shower	<input type="checkbox"/>	Engage in a hobby
<input type="checkbox"/>	Read for pleasure	<input type="checkbox"/>	Listen to your favorite music
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<input type="checkbox"/>	Explore somewhere new	<input type="checkbox"/>	Practice gratitude
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<input type="checkbox"/>	Paint or draw	<input type="checkbox"/>	Other:

A Creative Space:





Today's Plan



DATE:

M T W T F S S

SOMETHING I AM
GRATEFUL FOR
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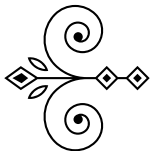
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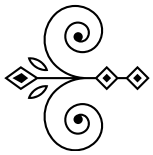
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A Creative Space:





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1. _____ <input type="radio"/>
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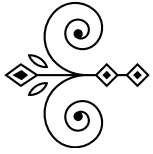
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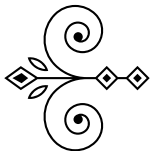
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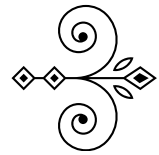
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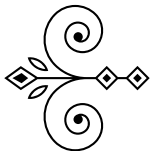
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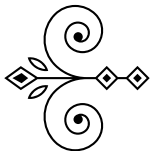
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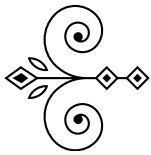
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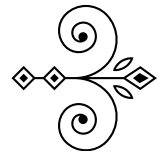
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1. _____ <input type="radio"/>
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<input type="checkbox"/>	Get some fresh air	<input type="checkbox"/>	Spend time with a loved one or pet
<input type="checkbox"/>	Practice mindful meditation	<input type="checkbox"/>	Watch a light-hearted movie
<input type="checkbox"/>	Journal your thoughts	<input type="checkbox"/>	Pamper yourself
<input type="checkbox"/>	Move your body	<input type="checkbox"/>	Take a nap
<input type="checkbox"/>	Cook a nourishing meal	<input type="checkbox"/>	Stretch
<input type="checkbox"/>	Explore somewhere new	<input type="checkbox"/>	Practice gratitude
<input type="checkbox"/>	Play games	<input type="checkbox"/>	Attend a workshop or class
<input type="checkbox"/>	Paint or draw	<input type="checkbox"/>	Other:

A Creative Space:





Today's Plan



DATE:

M T W T F S S

SOMETHING I AM
GRATEFUL FOR
TODAY:

BREAKFAST:

LUNCH:

DINNER:

SNACK:

5 PRIORITIES:

- _____
- _____
- _____
- _____
- _____

THINGS TO GET
DONE:

- _____
- _____
- _____
- _____
- _____

OTHERS:

- _____
- _____
- _____
- _____
- _____
- _____

MOOD:

GOALS:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

WATER INTAKE



I MOVED MY
BODY TODAY BY:

NOTES:

Large empty box for notes.

SELF-CARE CHECKLIST

Self-care isn't selfish or a luxury.

How did you practice self-preservation today?

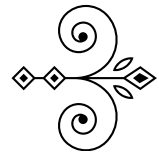
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A Creative Space:





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WATER INTAKE



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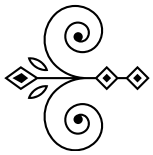
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A Creative Space:



30-Day Review

PRODUCTIVITY ★★☆☆☆

MOOD ★★☆☆☆

MAIN HIGHLIGHTS OF THE MONTH

THINGS I LEARNED

I'M GRATEFUL FOR

THINGS TO TRY NEXT MONTH
