

# The Wellbeing Journal

## Instructions:

**Page 1 – Identity thumbprint:** highlight or colour in the words that you identify with.

**Page 2 – My brain dump:** write your worries or concerns into the different sections.

**Page 3 – I am strong like a tree:** add your main concerns to the 'wind' and then add the people who can help you to the roots of the tree.

**Page 4 – Water tracker:** shade in a droplet every time you drink approximately 250ml (about half a regular water bottle) of any fluid, but preferably water.

**Page 5 - Self-tending:** read through the strategies to improve your wellbeing, shade in or tick off the ones you try.

**Page 6 - Yoga poses:** strike a pose and colour in or tick off the ones you can do (you can find tutorials on YouTube).

**Page 7 - Describe your day:** sum up your day in 3 words (look for the positive as well as the not so positive emotions).

**Page 8 - Resilience thermometer:** starting at the bottom, shade in one block for any of the statements/attributes that you possess from the list on the right of the page. Do not leave any gaps, e.g. if you think you have, or do, 10 of the statements, shade in the bottom 10 boxes.

**Page 9 - Not yet but soon:** this page is to encourage a growth mind-set. Consider up to 4 goals you have for this year, they can be for school or your personal interests or family life. Use the prompts to consider how you will reach these goals.

**Page 10 - Remember the compliments:** every time you are praised or complimented this year write them into the sections on this page.

**Page 11 - Ultimate mood playlist:** write in all the songs that make you feel the emotions listed.

**Page 12 - Mirror, mirror:** what do you see when you look at yourself? What do you think when you consider your good points and characteristics? Use the sentence starters at the bottom of the page to fill in your mirror.

**Page 13 - Bucket list:** what do you want to do with your life? What are your aspirations? List these in your bucket, along with the reasons you want them, then write on a scale of 1-10 how important it is to you.

**Page 14 - Fishy favourites:** add your favourites to each creature on the page.

**Page 15 - Train your brain:** colour the parts of the brain that show a growth mind-set (that you can and will grow and improve).

**Page 16 - My favourite books:** write in all your favourite books, including the ones you had when younger.

**Page 17 - Party:** add your ultimate list of ways to celebrate between the drawings, then colour in.

**Page 18 - Sofa surfing:** on each sofa, write down the name of a thing you spend a lot of time doing, then rate each one for their effect on your life by colouring in the bar underneath.

**Page 19 - Gratitude Jars:** add the things you are grateful for to the jars.

**Page 20 - Cleaning challenge:** ever wished to be treated more like an adult? This page will help prove you can be responsible and you can support yourself and others.

**Page 21 - Treasure map:** fill the map with things and people that you treasure and hold dear.

**Page 22 - I'm flying without wings:** what things lift your spirit and make you feel good?

**Page 23 - I'm like a...:** for each animal, consider how you are like them, e.g. your personality, characteristics or attributes, e.g. I'm like a bear because I can be fierce.

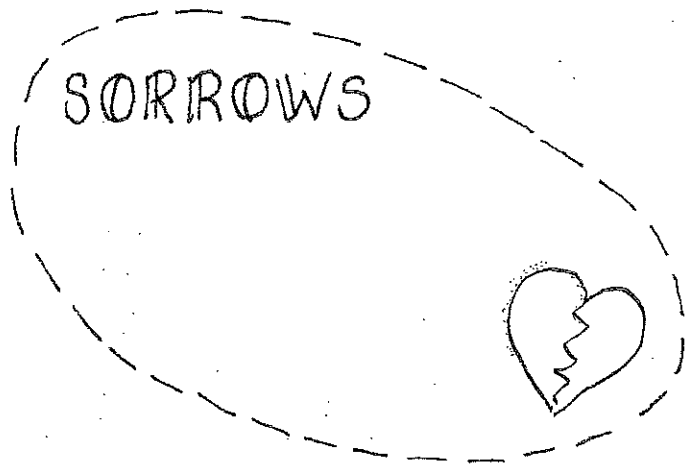
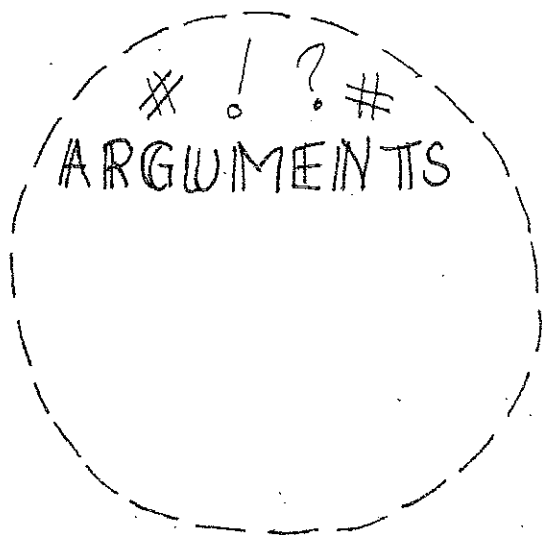
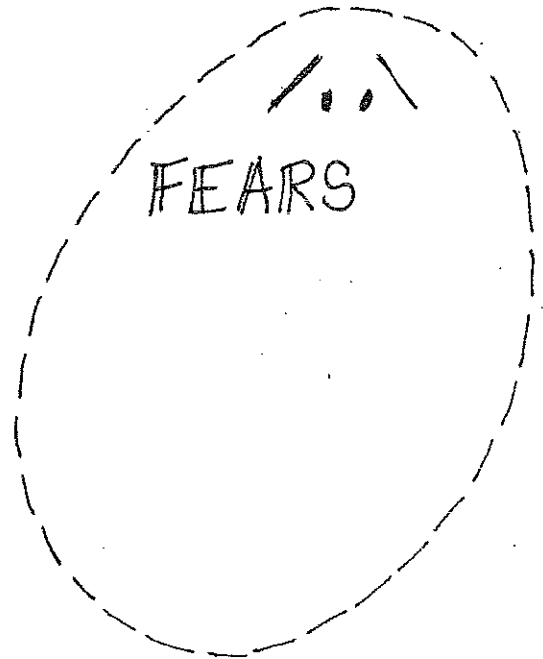
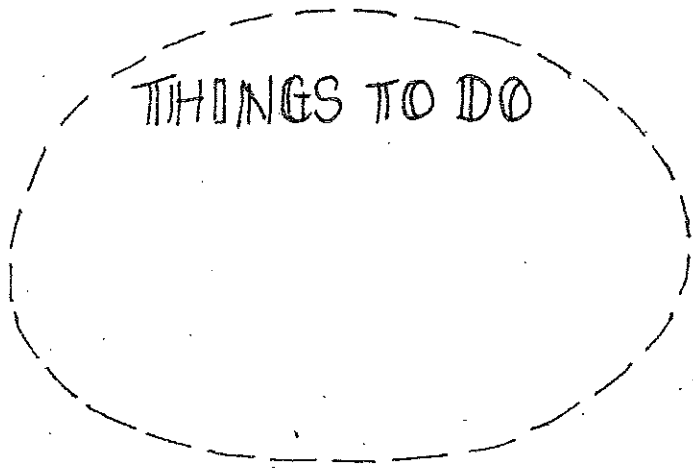
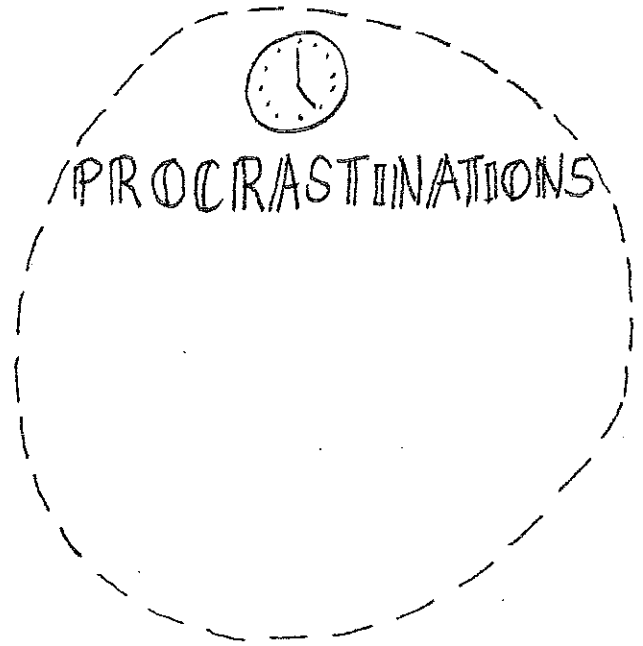
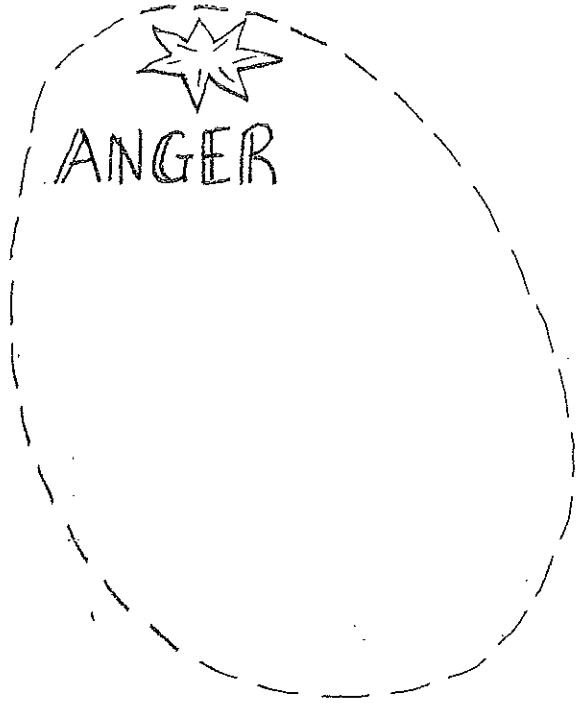
**Mindful colouring pages:** as you colour, be very aware of the end of the pencil or pen and how you are making marks, notice how you are regulating your breathing

HIGHLIGHT OR COLOUR  
 IN THE WORDS THAT YOU  
 IDENTIFY WITH

PLUCKY RESERVED  
 PATIENT CHARITABLE  
 EMOTIONAL QUIRKY ROMANTIC  
 GENEROUS CONSIDERATE HUMOROUS DIPLOMATIC  
 TECHNICAL CAREFUL COURTEOUS MODEST  
 HEARTED NEAT EAGER BRAVE DETERMINED  
 FRIENDLY RESOURCESFUL HELPFUL  
 CREATIVE  
 POLITE SENSITIVE RELIABLE  
 CAPABLE GOOD MEMORY  
 EMPATHETIC ARTY  
 MELLOW GOAL ORIENTATED  
 SMART  
 CHARMER  
 THINKER  
 DREAMER  
 SOLVER  
 PROBLEM  
 SENSITIVE  
 PHILLOSOPHER  
 I AM GOOD AT  
 I AM A CHARMER  
 I AM A THINKER  
 I AM A DREAMER  
 I AM A SOLVER  
 I AM A PROBLEM SOLVER  
 I AM SENSITIVE  
 I AM A PHILLOSOPHER  
 I AM GOAL ORIENTATED  
 I AM SMART  
 I AM MELLOW  
 I AM ARTY  
 I AM EMPATHETIC  
 I AM GOOD MEMORY  
 I AM RELIABLE  
 I AM HELPFUL  
 I AM BRAVE  
 I AM EAGER  
 I AM FRIENDLY  
 I AM HEARTED  
 I AM NEAT  
 I AM RESOURCESFUL  
 I AM DETERMINED  
 I AM HELPFUL  
 I AM FRANK  
 I AM DECISIVE  
 I AM SHY  
 I AM ALL DAY  
 I AM VERSATILE  
 I AM TOUGH  
 I AM HELPFUL  
 I AM DETERMINED  
 I AM SOCIABLE  
 I AM DIPLOMATIC  
 I AM ROMANTIC  
 I AM QUIRKY  
 I AM RESERVED  
 I AM PLUCKY

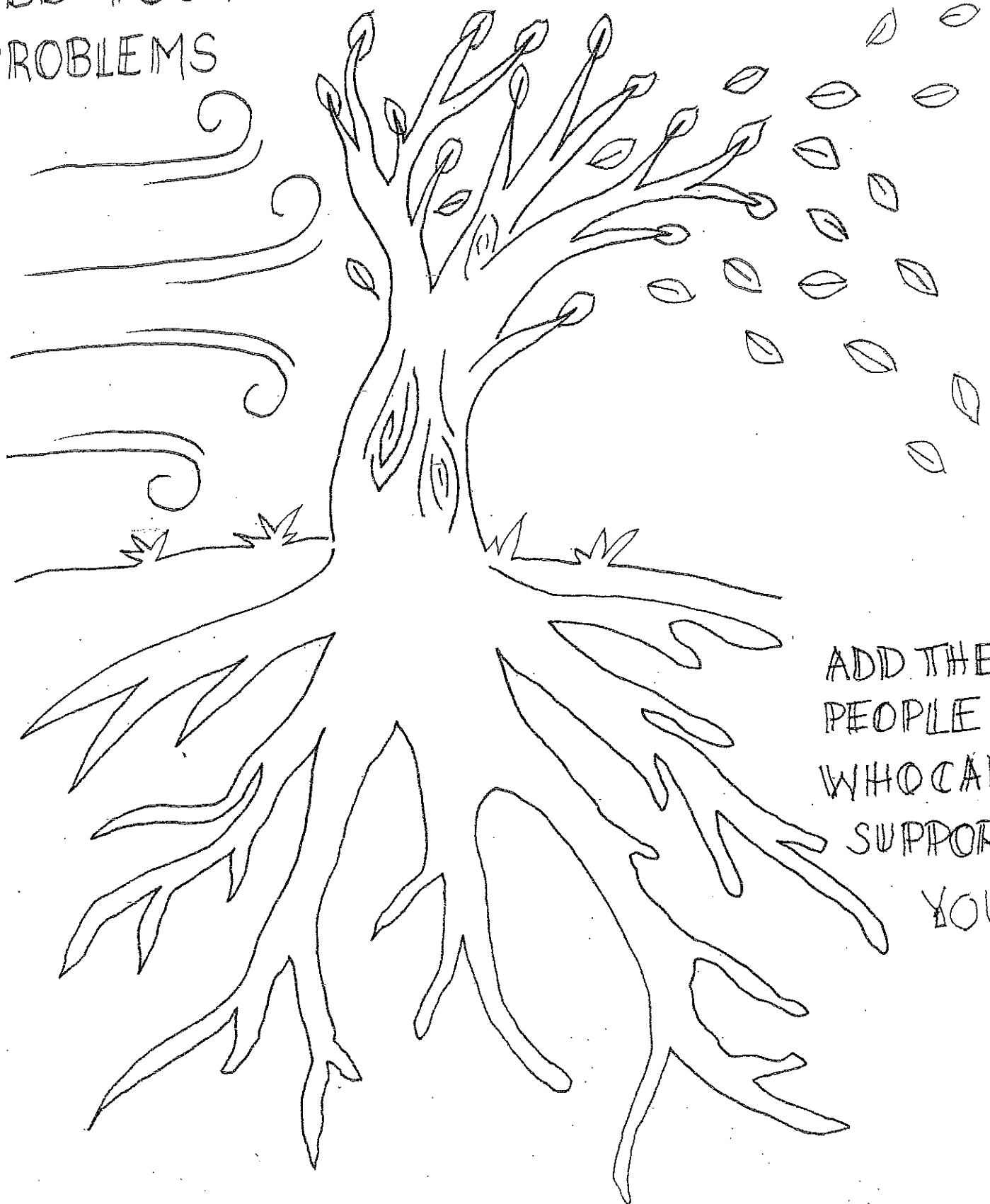
# MY BRAIN DUMP

DUMP ALL OF YOUR WORRIES HERE



# I Am Strong Like A Tree

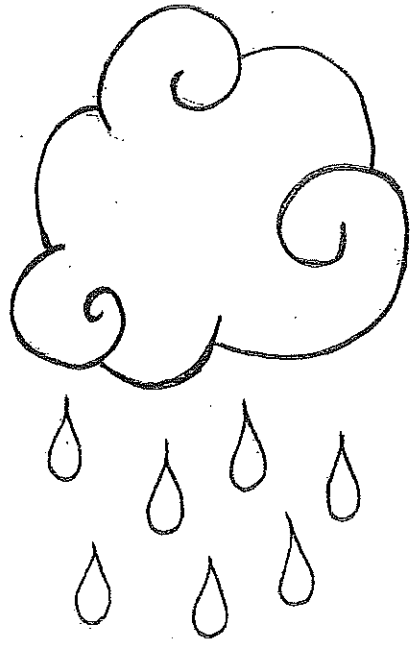
ADD YOUR  
PROBLEMS



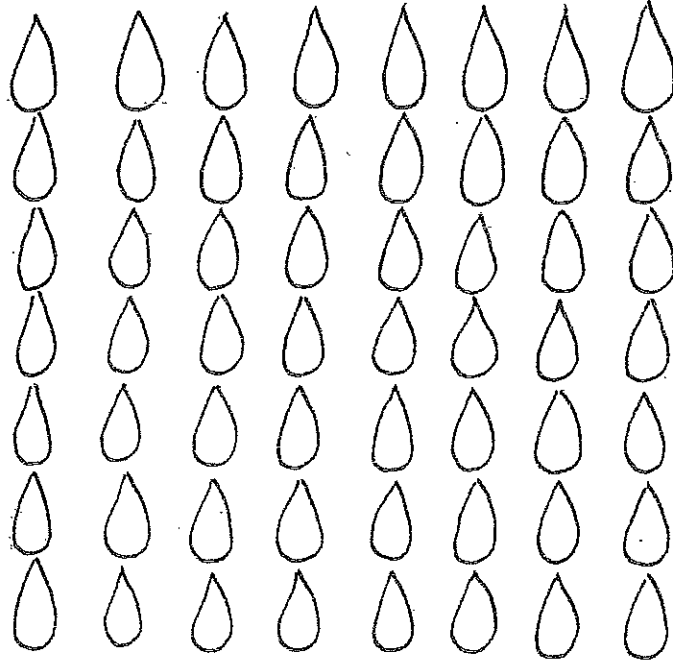
ADD THE  
PEOPLE  
WHO CAN  
SUPPORT  
YOU

# Water Tracker

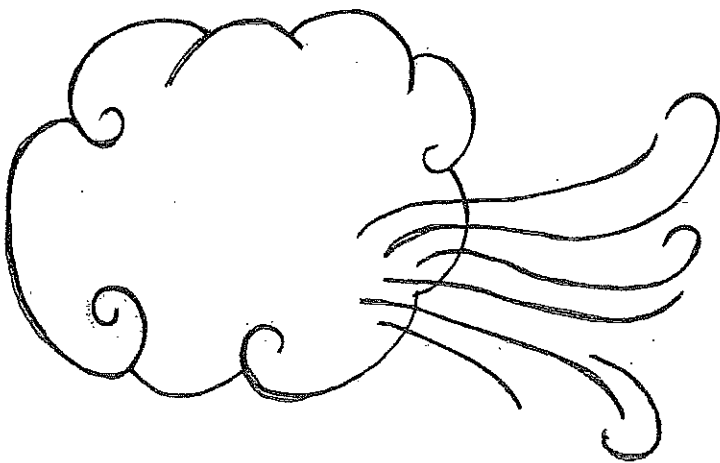
☾ = 250ml



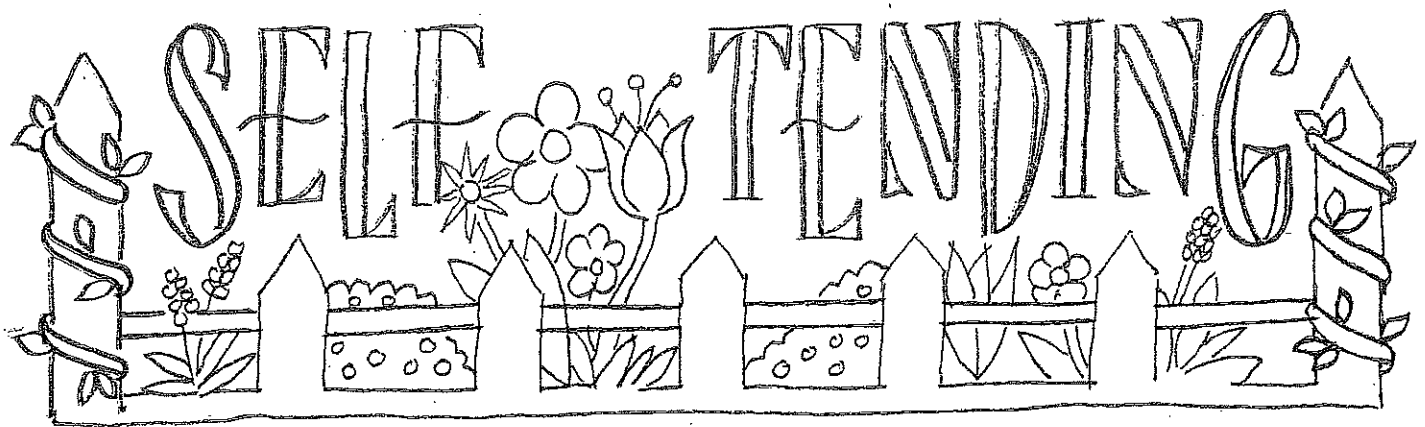
Monday  
Tuesday  
Wednesday  
Thursday  
Friday  
Saturday  
Sunday



Fill in one droplet for every 250ml of water you drink each day



# SELF TENDING



## TEND MY mind

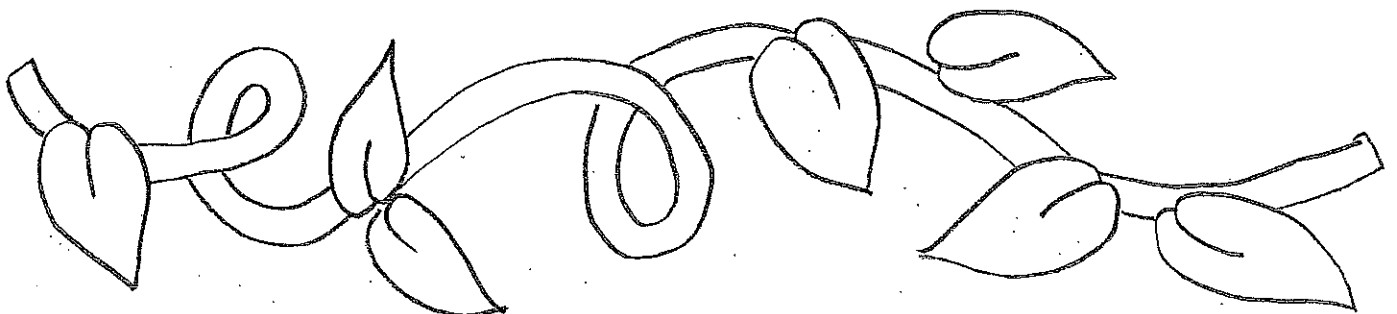
- a book a week
- limit internet
- audio book
- documentaries
- alternate fiction/non-fiction
- write a journal
- podcasts
- Ted talks
- meditation
- puzzles
- jigsaws

## TEND MY body

- yoga routine
- gardening
- housework
- hydrate
- vitamins
- cut out fizzy drinks
- walk in the woods
- skin care routine
- mindful eating

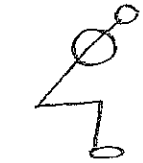
## TEND MY heart

- music
- make time for silence
- read poetry
- paint/draw
- walk with a friend
- relish slowness
- create something
- mindful colouring



# Jogga posty

## STRENGTHENING



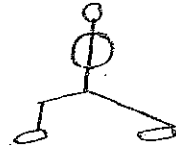
CHAIR



BOAT



DOWN DOG

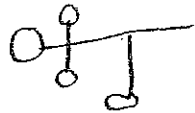


WARRIOR

## BALANCING



HANDSTAND



HALF MOON



TREE



LORD OF THE DANCE

## CHEST OPENING



BOW



COBRA

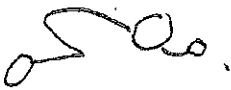


WHEEL



FISH

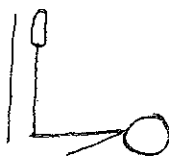
## RESTORATIVE



CHILD



BRIDGE



LEGS UP WALL



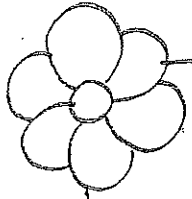
BUDDHA

Strike a pose

TICK THE ONES YOU CAN DO

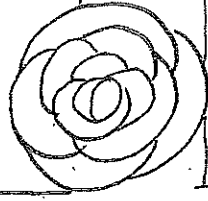


# DESCRIBE YOUR DAY IN 3 WORDS



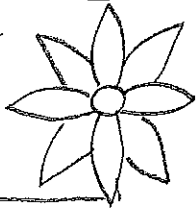
Blank rectangular box for writing the first word.

Blank rectangular box for writing the second word.



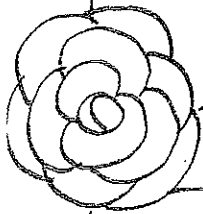
Blank rectangular box for writing the third word.

Blank rectangular box for writing the first word.



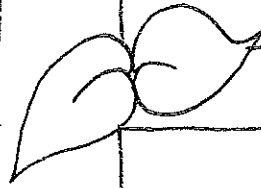
Blank rectangular box for writing the second word.

Blank rectangular box for writing the third word.



Blank rectangular box for writing the first word.

Blank rectangular box for writing the second word.

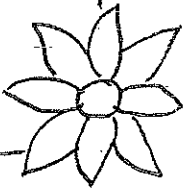


Blank rectangular box for writing the third word.

Blank rectangular box for writing the first word.

Blank rectangular box for writing the second word.

Blank rectangular box for writing the third word.

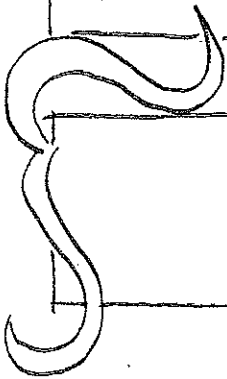


Blank rectangular box for writing the first word.



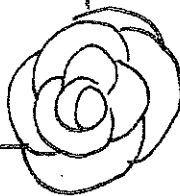
Blank rectangular box for writing the second word.

Blank rectangular box for writing the third word.



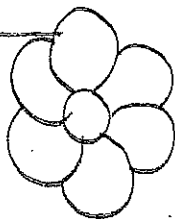
Blank rectangular box for writing the first word.

Blank rectangular box for writing the second word.



Blank rectangular box for writing the third word.

Blank rectangular box for writing the first word.



Blank rectangular box for writing the second word.

Blank rectangular box for writing the third word.



# Resilience Thermometer

Shade in one block if you feel you have any one of the following resilience strategies

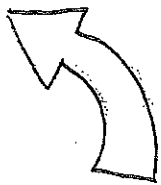
I cope very well when under stress



Sometimes I may struggle



I rarely cope when under stress



Where would you put yourself?

- |  |                                   |
|--|-----------------------------------|
|  | • Good sleeping patterns          |
|  | • Healthy diet                    |
|  | • 5 hours exercise                |
|  | • Open up to friends              |
|  | • Don't put things off            |
|  | • Good organisation               |
|  | • Express emotions                |
|  | • Seek support                    |
|  | • Talk to family                  |
|  | • Know to access help             |
|  | • Problem solving skills          |
|  | • Outside interests               |
|  | • Calming techniques              |
|  | • Consider others' feelings       |
|  | • Taking time to relax            |
|  | • Not ignoring stress symptoms    |
|  | • Growth mindset                  |
|  | • Coping strategies               |
|  | • Ability to forgive              |
|  | • Listening to others             |
|  | • Anger management skills         |
|  | • Letting go of past worries      |
|  | • Conflict resolution skills      |
|  | • Good social skills              |
|  | • Allow yourself to make mistakes |
|  | • Not over-reacting               |
|  | • Awareness of the wider world    |
|  | • Good physical health            |

# Not Yet But Soon

I haven't learnt  
how to:

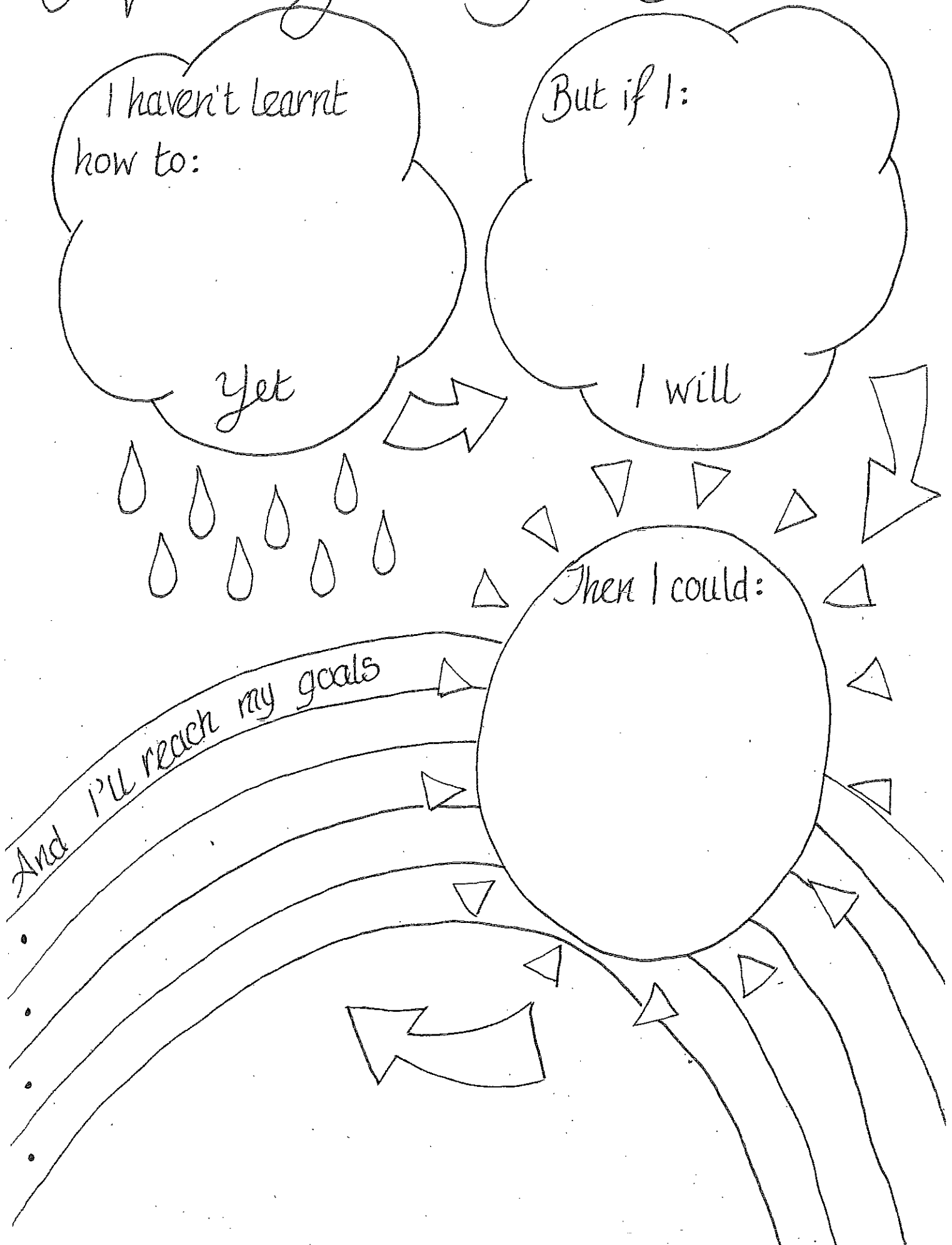
yet

But if I:

I will

Then I could:

And I'll reach my goals

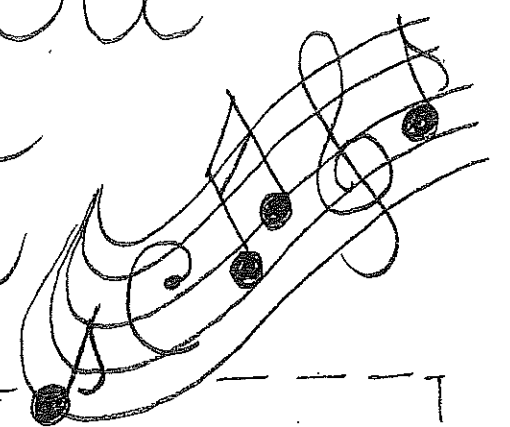




Remember  
the compliments

ADD EVERY  
ONE AS  
THEY ARE  
GIVEN

# Ultimate Mood Playlist



HAPPY

SAD

MOTIVATED

POWERFUL

STRESSED

TIRED

CONFIDENT

ANGRY

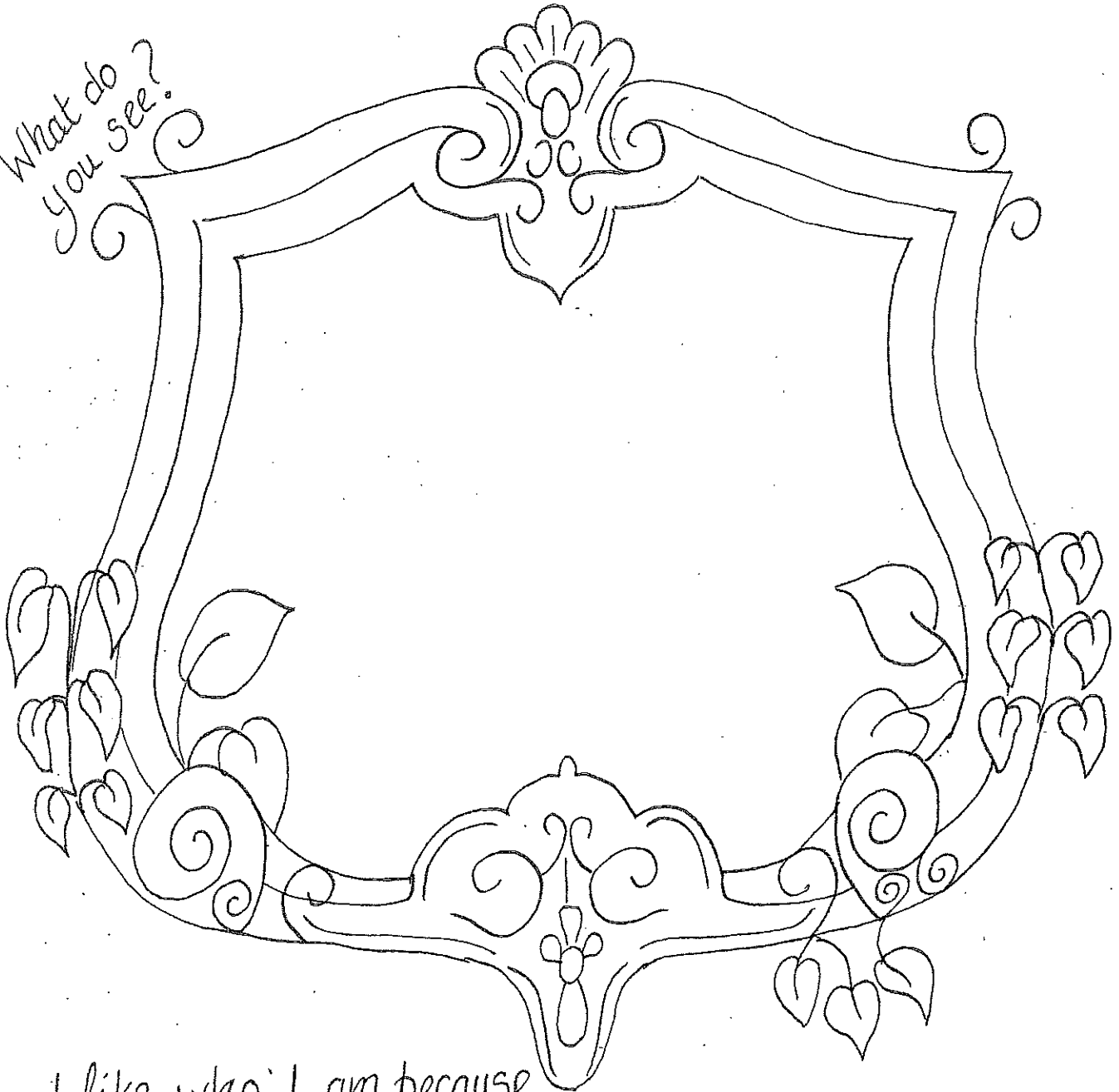
CALM

CHILLING

Add your own

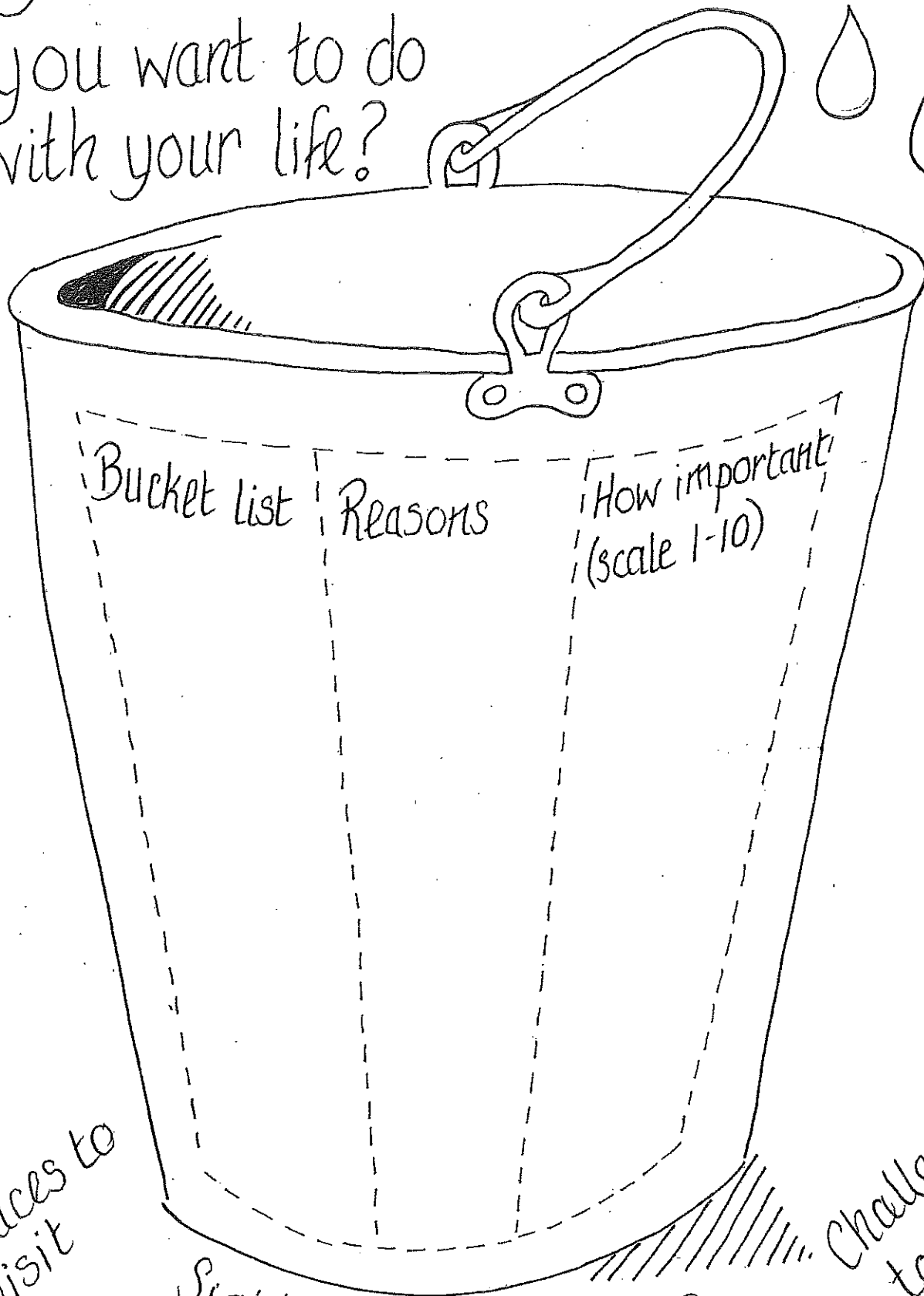
# MIRROR MIRROR

What do  
you see?



I like who I am because  
I feel good about my  
Somewhere I feel happy  
I think I'm pretty good at  
I'm naturally good at  
I'm proud that I  
I really enjoy  
Others reckon I'm good at  
I mean a lot to

Bucket list ~ what do you want to do with your life?



Places to visit

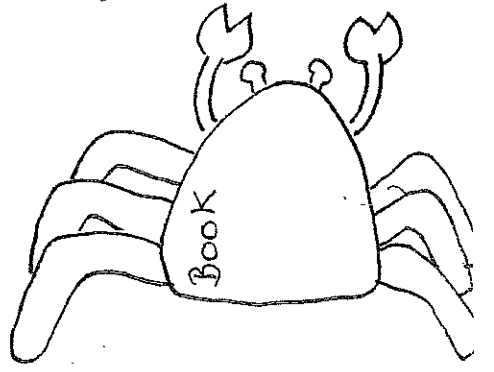
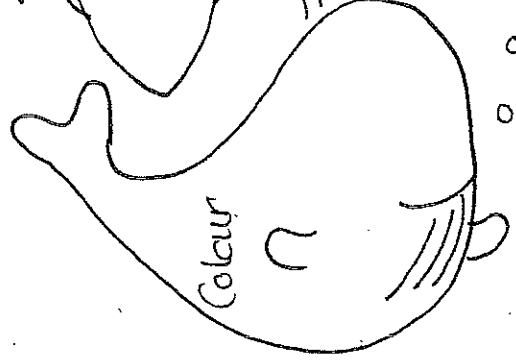
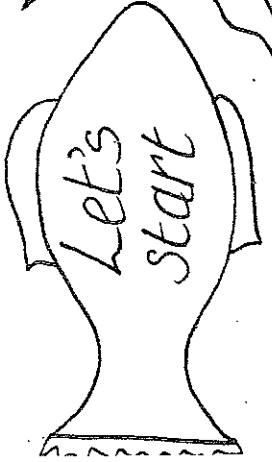
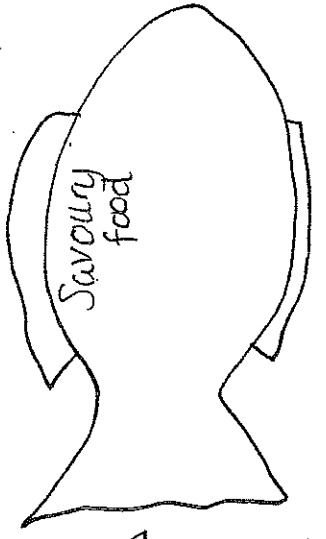
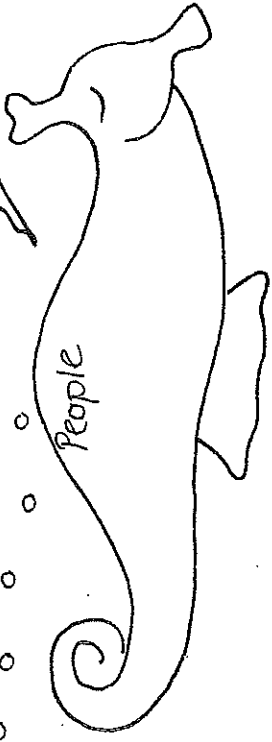
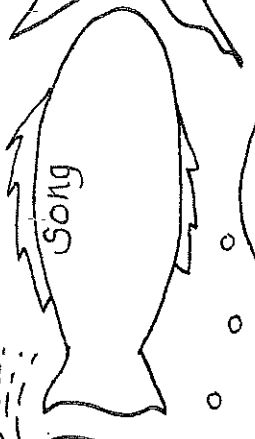
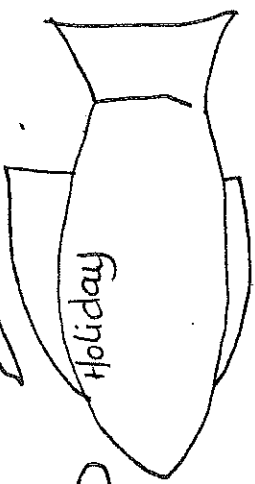
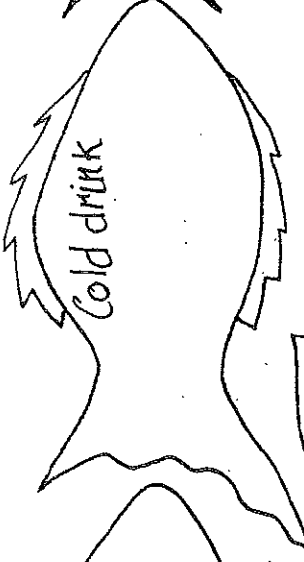
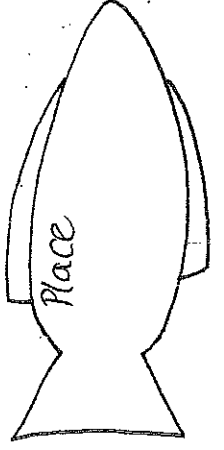
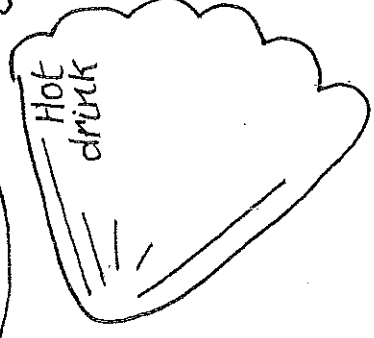
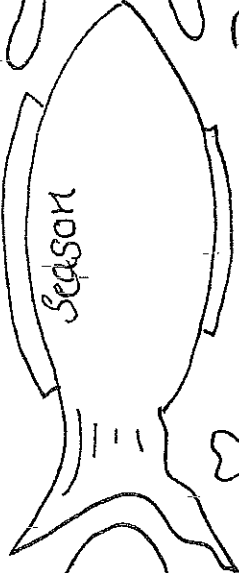
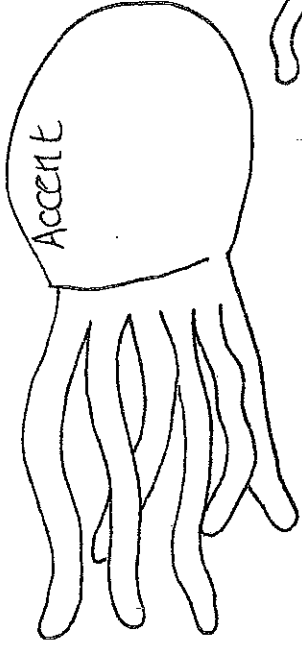
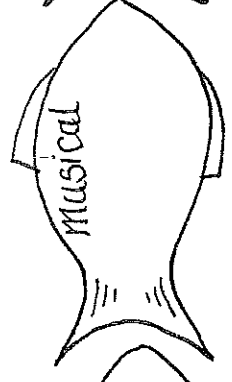
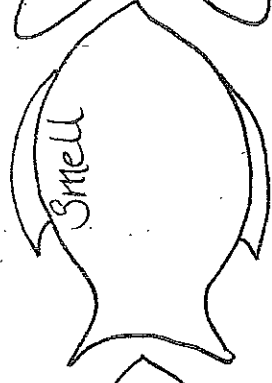
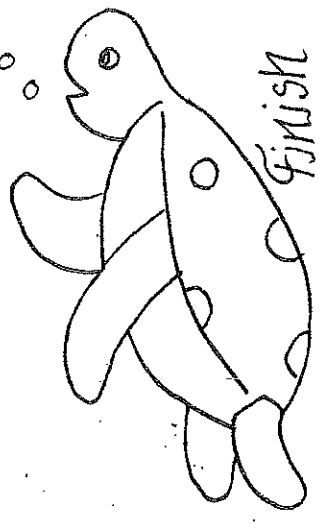
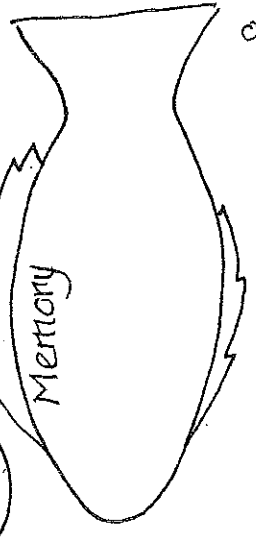
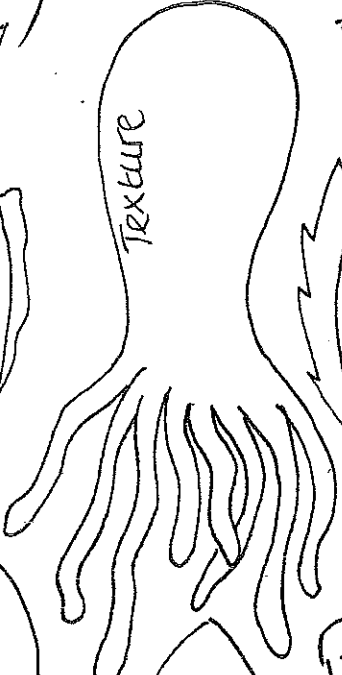
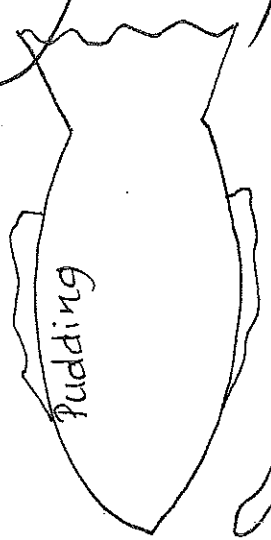
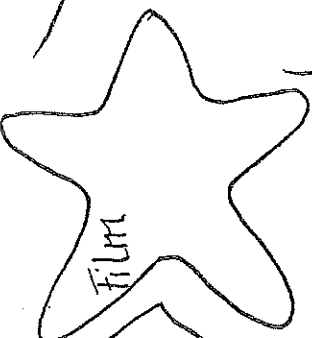
Sights to see

People to meet

Experiences to have

Challenges to meet

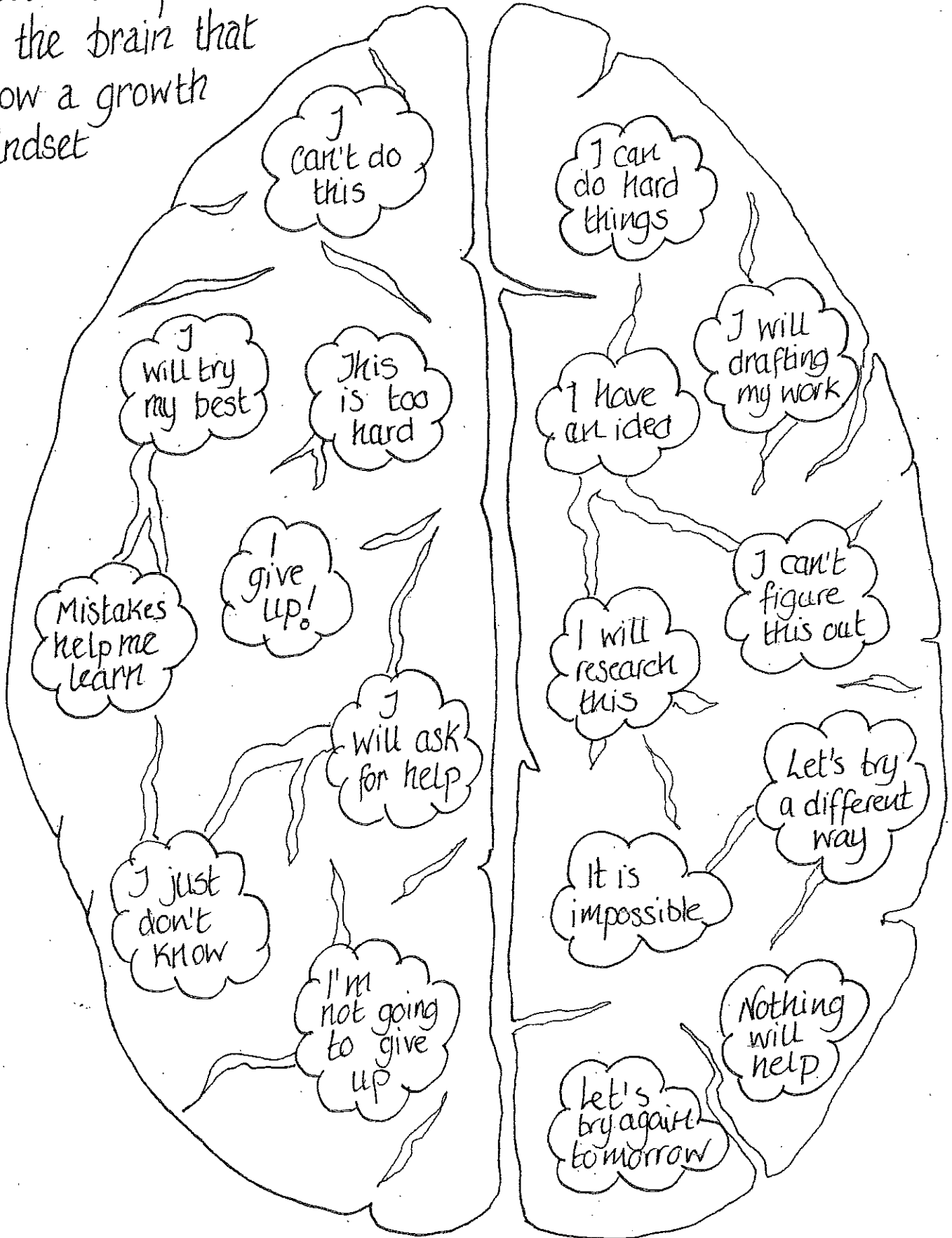
# Fishy Favourites





# TRAIN YOUR BRAIN

Colour the parts of the brain that show a growth mindset



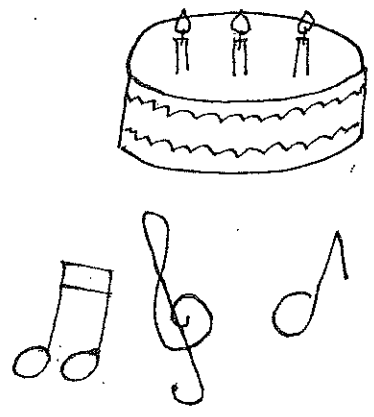
# My Favourite Books





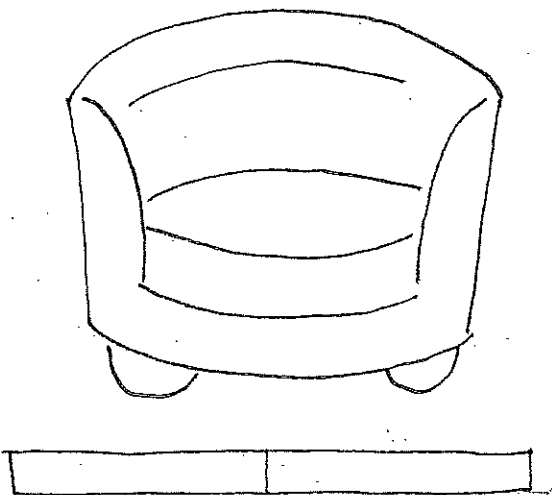
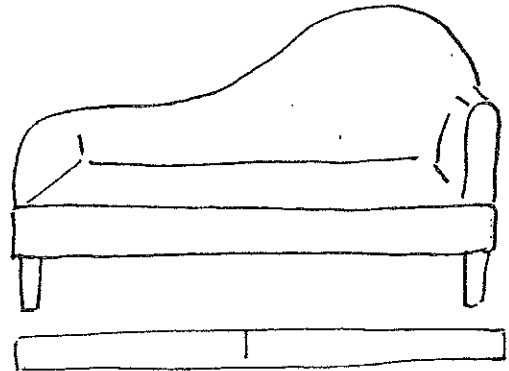
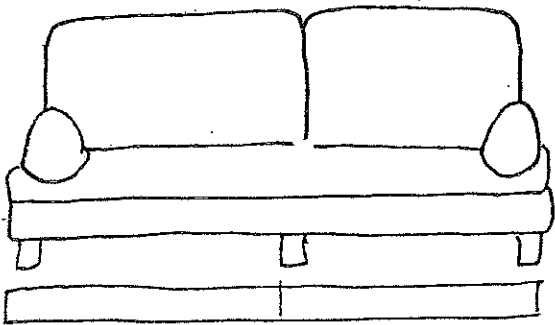
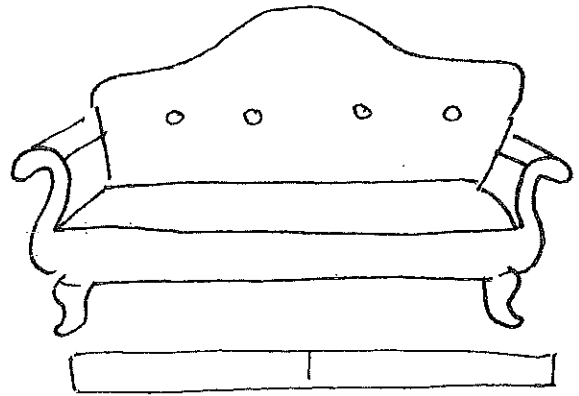
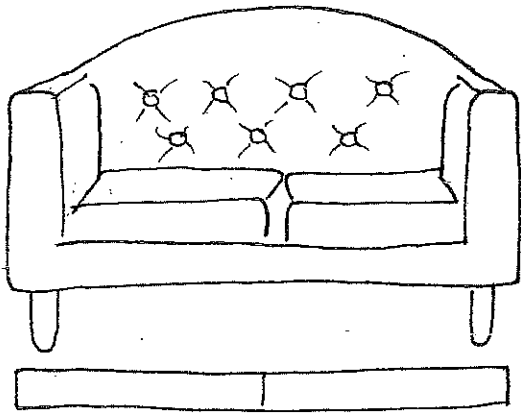
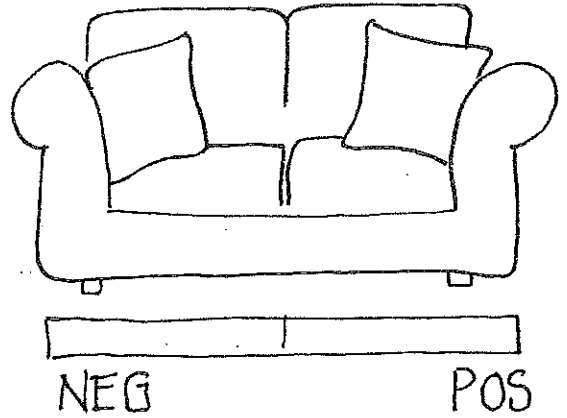
IDEAL CELEBRATIONS

~colour in and add your favourite ways to party



# Sofa Surfing

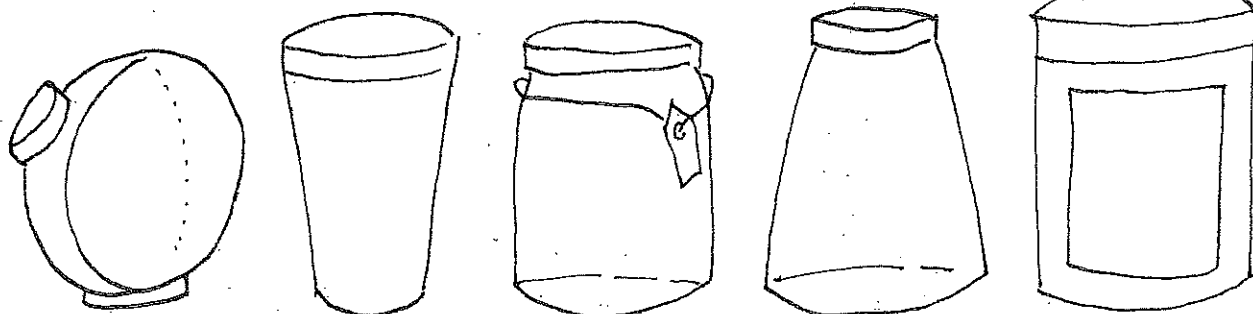
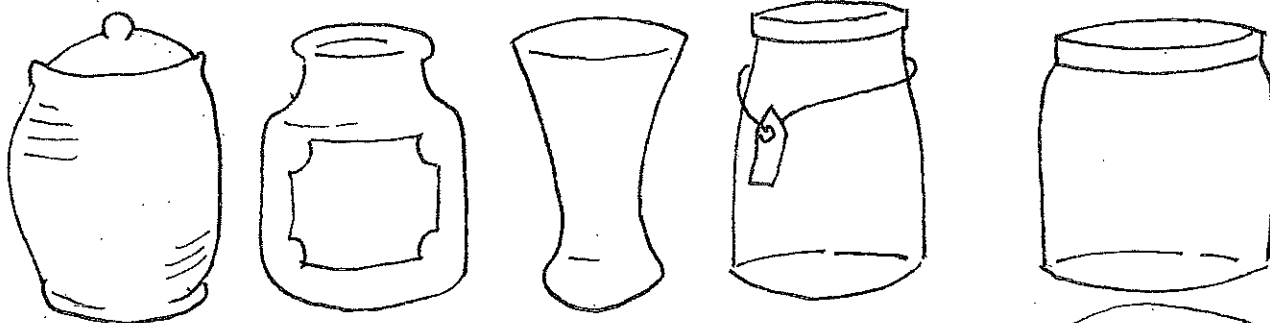
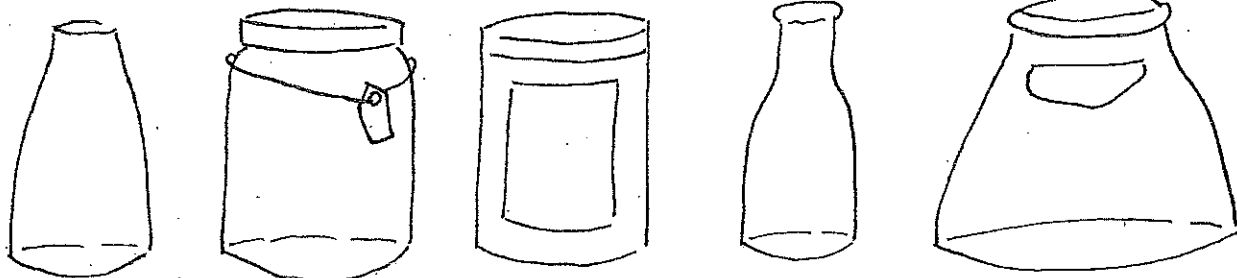
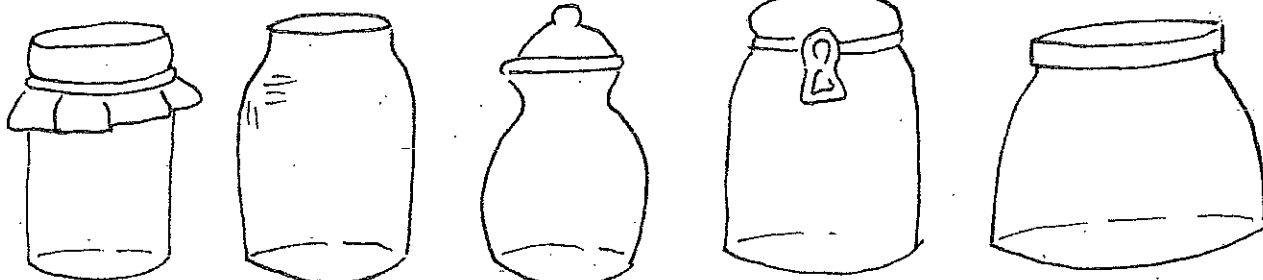
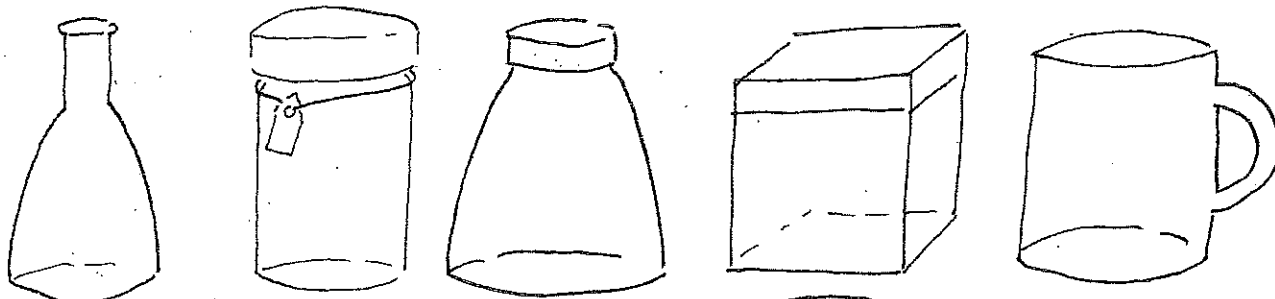
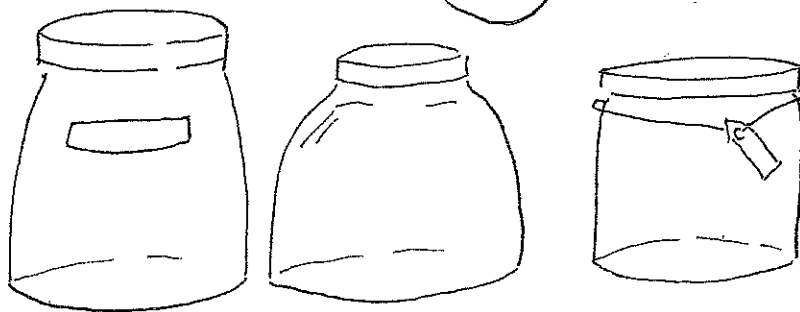
On each sofa, write down the name of a thing you spend a lot of time doing



Then rate each one for their effect on your life eg. social media may be bad for gossip but good for friendship

# GRATITUDE JARS

What are you grateful for today?



# CLEANING CHALLENGE

*daily*

- make bed
- clean dishes
- wipe counters

*weekly*

- dust
- vacuum
- scrub bathroom
- mop floors
- laundry

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	32
33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48
49	50	51	52				

*bi-weekly*

- clean sheets
- clean makeup brushes

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26				

*monthly*

- clean fridge
- dust lighting

JAN	FEB	MAR	APR	MAY	JUN
JUL	AUG	SEP	OCT	NOV	DEC

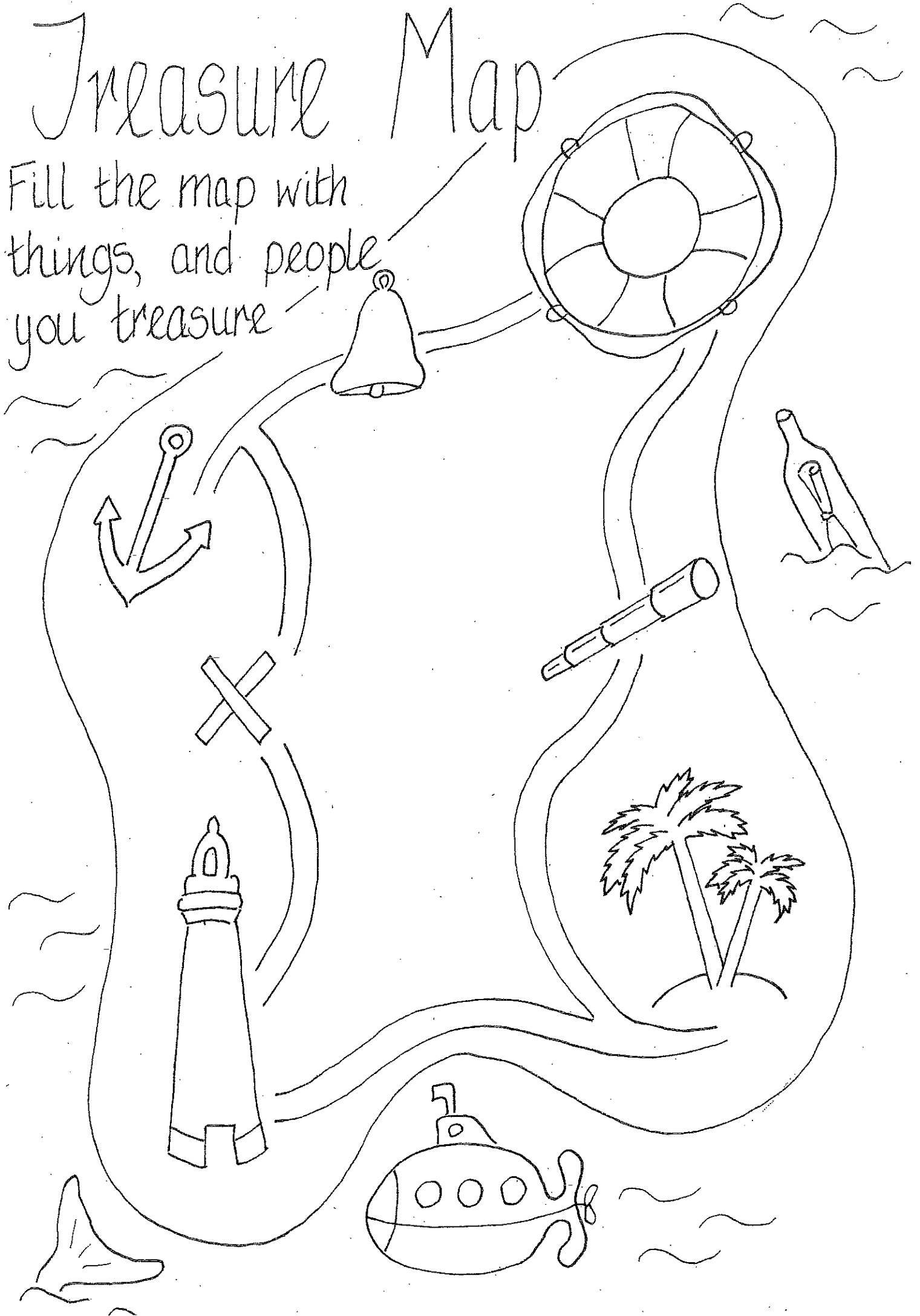
*twice annually*

- mattress
- skirting boards
- windows
- cupboards

ROTATE MATTRESS	JAN	JULY
WIPE SKIRTING BOARDS	MAR	SEP
WASH WINDOWS	MAY	OCT
CLEAN KITCHEN CUPBOARDS	JUN	DEC

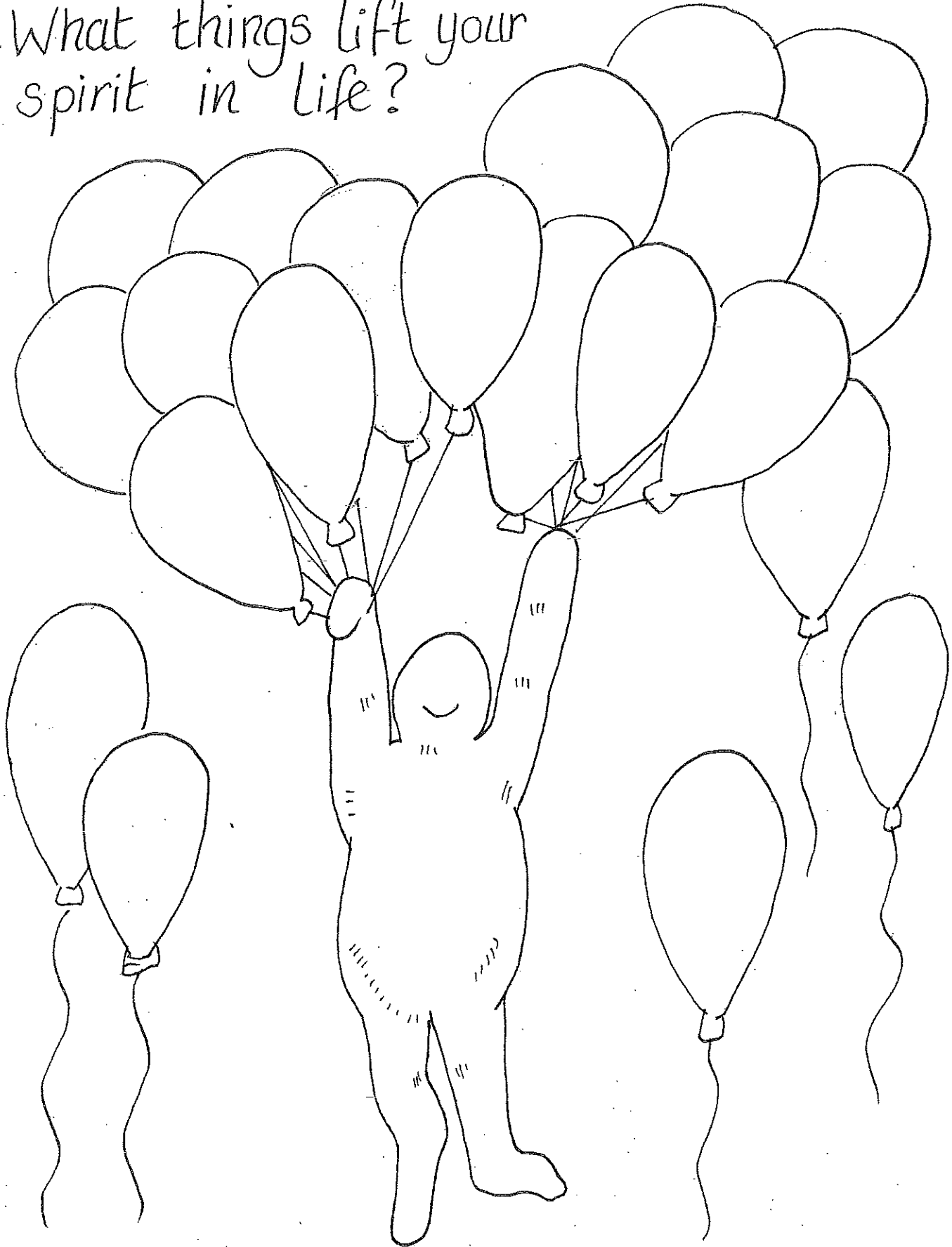
# Treasure Map

Fill the map with things, and people you treasure



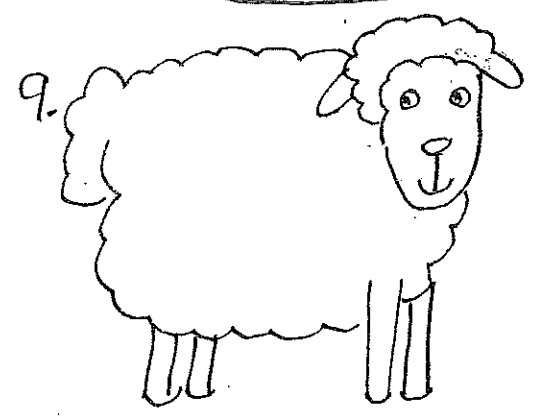
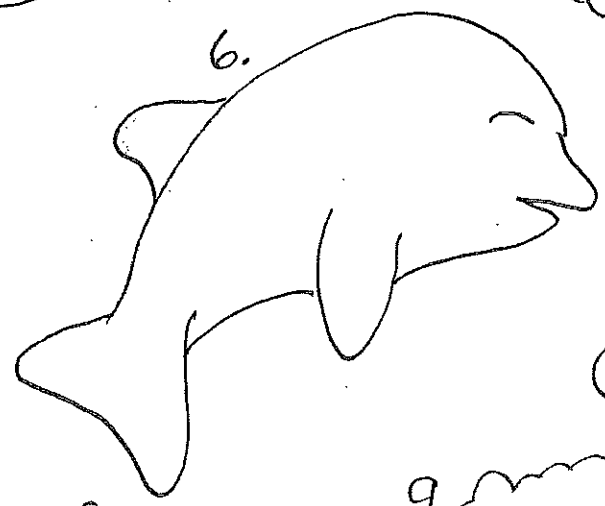
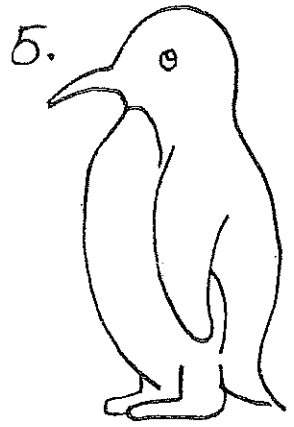
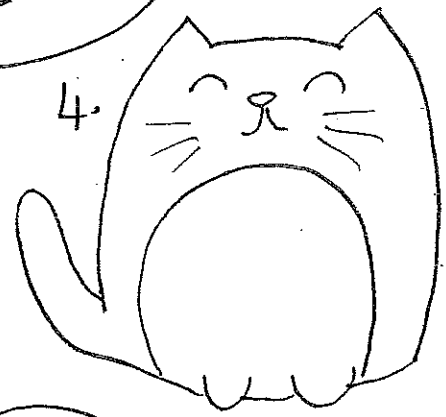
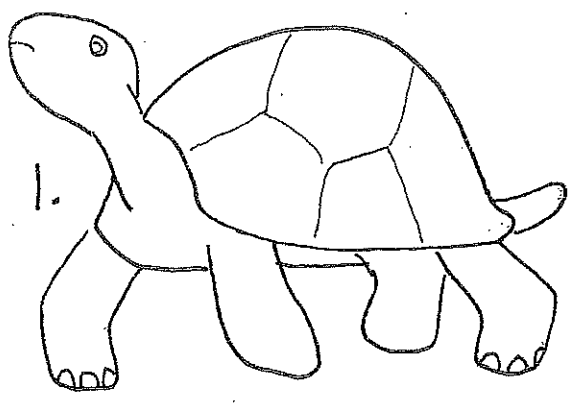
# I'M FLYING WITHOUT WINGS

What things lift your  
spirit in life?





I'm like a ... because ... (add notes)



1.	2.	3.	4.	5.	6.	7.	8.
							9.

