

Wellness journal

today's date:

iWellness is the complete integration of body, mind, and spirit - the realization that everything we do, think, feel, and believe has an effect on our state of well-being.

Greg Anderson

morning thoughts - first feelings as you wake up and reflection of dreams:

I am grateful for:

What would make today great:

what is on my "will do list" today:

value/s that I would like to focus on today:

relaxation, adventure & fun for today: