



Seva Mandal Education Society's  
Smt. Maniben. M. P. Shah Women's College of Arts and Commerce. (Autonomous)  
Department of Psychology  
Samvedana Counselling Cell

**Greetings!**

**Today's Activity is on 'Wellness Journal'**

**At unsettling times like this pandemic, it might feel like things are very much out of your control. Most routines have been thrown into disarray. With each passing day, each of us is struggling with the question of "What to do?"**

**Journaling is one of those underrated activities which would not only give you joy, but would also turn out to be an insightful activity. It helps keep a track of one's progress. It is important to make time for yourself and indulge in activities which make you happy. In order to look after others you need to first care for yourself.**

**Below is a small worksheet to get you started**

**WELLNESS  
TO LIVE YOUR  
BEST LIFE**



**An Initiative by Principal, Dr. Leena Raje**

# WELLNESS JOURNAL

DATE: \_\_\_\_\_

TODAY'S POSITIVE THOUGHTS

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JUST FOR ME



REFLECTIONS ON THE DAY

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© JENNY BEE JENSEN

WATER

☐☐☐☐☐☐☐☐

FRUITS & VEGETABLES

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EXERCISE

TIME: \_\_\_\_\_

ACTIVITY:

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VITAMINS & SUPPLEMENTS

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