



# Daily Emotional Wellness Planner

 Date: \_\_\_\_\_

## Morning Check-In

1. How am I feeling this morning?

Happy  Calm  Anxious  Sad  Excited  Tired  Grateful

 Write in your own words:

2. One word to describe my mood:

3. Today I want to feel:

4. My positive affirmation for the day:

\_"I am \_\_\_\_\_."

## Top 3 Intentions/Goals for Today

### Self-Care Plan

- Today I will take care of my mind by:

Journaling  Meditating  Reading  Learning something new

 Other: \_\_\_\_\_

- Today I will take care of my body by:

Stretching  Exercising  Drinking water  Resting

 Other: \_\_\_\_\_

- Today I will take care of my heart by:

Talking to a friend  Expressing gratitude  Helping someone

 Other: \_\_\_\_\_

### Midday Mood Check (Optional)

Current mood:

Happy  Calm  Frustrated  Overwhelmed  Motivated

 Why do I feel this way?

### Evening Reflection

1. How did my day go?

2. What emotions did I experience today?

3. What am I proud of today?

4. What challenged me today?

5. One thing I'm grateful for:

### Wind-Down Ritual

How will I unwind before bed?

Light reading  Listening to music  Deep breathing

Journaling  Aromatherapy  No screen time

 Other: \_\_\_\_\_