

RELATIONAL HEALTH

ON A SCALE OF 1-10,
HOW CONNECTED
DO I FEEL IN MY
RELATIONSHIPS?



SOMEONE I AM GRATEFUL FOR TODAY IS

_____ BECAUSE... _____

ONE THING I WILL DO
TODAY TO HONOR MY
RELATIONAL HEALTH:

PHYSICAL HEALTH

ON A SCALE OF 1-10,
HOW GOOD DO I
FEEL IN MY BODY?



I AM GRATEFUL FOR MY
BODY BECAUSE:

ONE THING I WILL DO
TODAY TO HONOR MY
PHYSICAL HEALTH:

MENTAL HEALTH

ON A SCALE OF 1-10, HOW HEALTHY DO I FEEL MENTALLY?



THREE THINGS THAT MAKE ME
FEEL GROUNDED ARE:

ONE THING I WILL DO TODAY TO
HONOR MY MENTAL HEALTH:

EMOTIONAL HEALTH

ON A SCALE OF 1-10,
HOW CONNECTED
DO I FEEL TO MY
EMOTIONS?



WHAT IS THE
PROMINENT EMOTION
I'M FEELING TODAY?

ONE THING I WILL DO
TODAY TO HONOR MY
EMOTIONAL HEALTH:

SPIRITUAL HEALTH

ON A SCALE OF 1-10,
HOW CONNECTED
DO I FEEL TO MY
HIGHER POWER?



SOMETHING THAT IS
GIVING ME HOPE
TODAY IS...

ONE THING I WILL
DO TODAY TO
HONOR MY
SPIRITUAL HEALTH:
