



# **Wellness Practice Journal**







# Instructions

## Intention Setting

### Each morning,

- Choose a value you care about (such as patience, kindness, or compassion).
- Set an intention to bring this value into your life more consciously.
- Write down the value you chose in your journal as your value for the day.
- During your day, if you begin to feel stressed, silently recall the word/value you wrote in your journal.
- Notice if recalling your word changes how you feel, how you act/react, or what you do.

### At the end of your day,

- Reflect back: Did you have the opportunity to recall your intention?
- If so, how did it go?
- If you forgot, consider whether you might like to try it out again the following day.

## Gratitude Practice

This practice broadens and builds your ability to the **positive**.

- At night, reflect back on your day in a general way.
- See if you can find three things that happened that make you feel grateful.
- They can be large things or small things, but be specific.
- Briefly write them down in your journal.

**Examples:** 1. The sunlight coming in my kitchen window this morning. 2. My daughter Amy, when she hugged me at lunchtime. 3. My friend Julie, when she took me out for a walk this afternoon.

Try it out daily for at least two weeks, and see if your mind begins to notice the positive more readily.

*Where we direct our attention,  
becomes the inclination of our minds*

## Weekly Self-Care Goals

- Choose an activity for each of the following activities that you will do **once** in the week ahead: **physical, social, mental, spiritual**
- Each activity must be fun, possible, and scheduled (what/where/when).

### Examples:

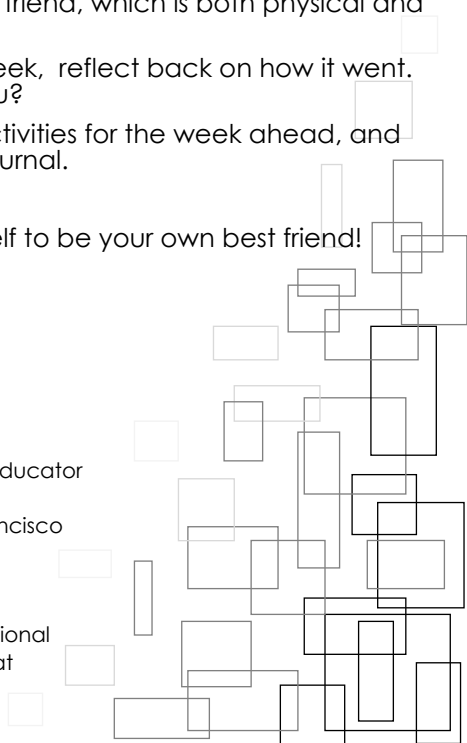
- **physical:** walk in the park, Tuesday, 2-2:30pm;
  - **social:** visit with Jim in the community garden, Saturday, 4-5pm;
  - **mental (not work!):** learn 12 more vocabulary words in Spanish, or practice the clarinet, in living room, Tuesday, 7-7:30pm;
  - **spiritual (choose what nourishes your spirit):** spend time at Ocean Beach, Sunday, 10-11am.
- It's okay to combine activities and categories, such as taking a walk with a friend, which is both physical and social.
  - At the end of the week, reflect back on how it went. What worked for you?
  - Now choose four activities for the week ahead, and write them in your journal.

Learn to trust yourself to be your own best friend!

**Created by** Rev. Judy Long  
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Division of Palliative Medicine  
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If interested in using for educational purposes, please contact me at [judith.long@ucsf.edu](mailto:judith.long@ucsf.edu).





# Goals of the Week

**Physical** (e.g. walking, boxing, etc.)

Day:

Time:

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**Social** (e.g. lunch with a friend, birthday party, etc.)

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**Mental** (e.g. study Spanish, play chess, etc.)

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Time:

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**Spiritual** (e.g. meditate, yoga, etc.)

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PM Reflection:

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3 Gratuudes:

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**Monday** Date: \_\_\_\_\_

AM Intention:

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