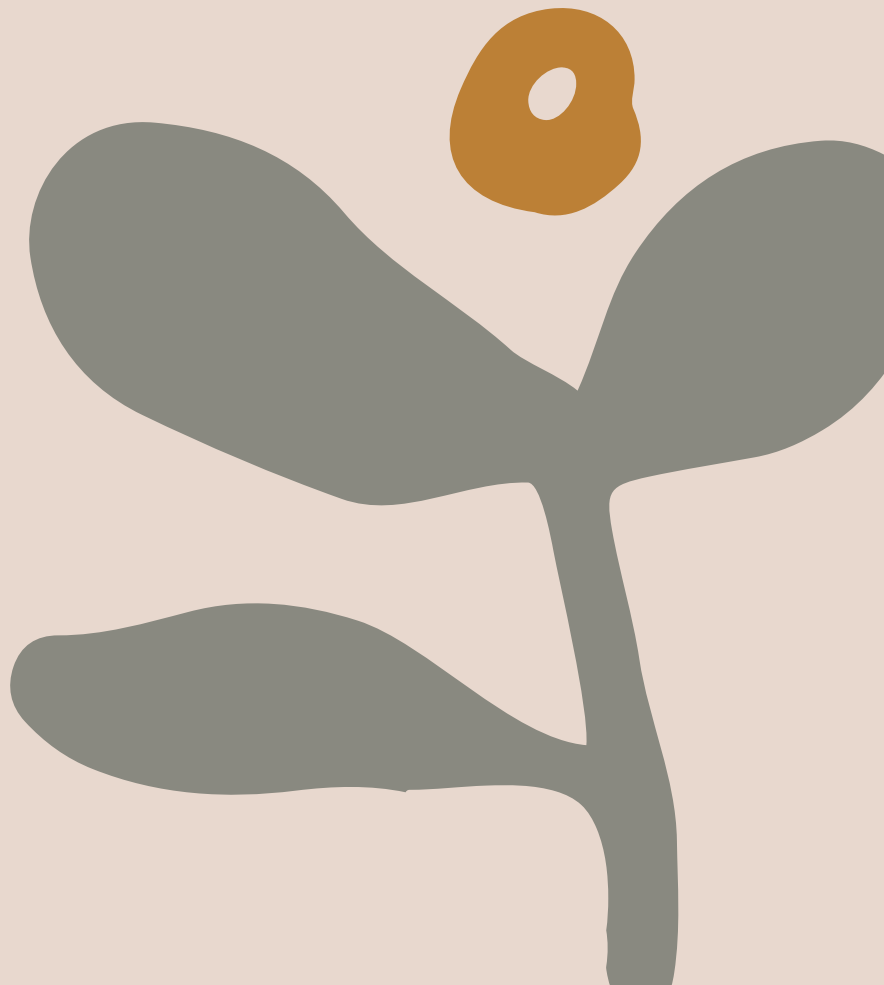


WELLNESS JOURNAL

for

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# WELLNESS *in the waiting*

## WAYS TO USE THIS JOURNAL

### **Cycle Tracking:**

- Mark the day of your menstrual cycle and note any symptoms you experience, like cramps, mood swings, or fatigue.
- Track the flow intensity, consistency, and duration of your bleeding.
- Look for patterns in your cycle length, ovulation signs, and premenstrual symptoms. This can help you predict your next period and identify any changes in your cycle over time.
- Observing your unique cycle can empower you to make choices that support your physical, emotional, and spiritual well-being throughout each phase.

### **Holistic Wellness Practice:**

Based on your cycle phase and overall energy level, plan your day's activities to align with your physical, emotional, and spiritual needs. Prioritizing your well-being in all these aspects is crucial for a fulfilling and balanced life.

- **Physical:** Would you enjoy vigorous exercise or prefer something gentler like yoga or a walk in nature? Are you craving nourishing foods or something a bit indulgent?
- **Emotional:** What activities recharge your emotional batteries? Do you need some quiet time for reflection or would you benefit from social interaction? Are there any emotional challenges you're facing today that might need some attention?
- **Spiritual:** What gives you a sense of connection and purpose? Meditation, prayer, spending time in nature, volunteering, or pursuing a creative passion? Do you feel drawn to any specific practices or rituals today?

### **Gratitude:**

- List at least one thing you're grateful for, big or small. It could be something related to your health, relationships, work, or simply everyday moments.
- At the end of the week or month, revisit your gratitude entries and see how your perspective has shifted. This can help you cultivate a more positive outlook on life.

















**CYCLE TRACKING**

DAY # \_\_\_\_\_

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

PHASE:    MENSTRUATION    FOLLICULAR    OVULATION    LUTEAL

SYMPTOMS:

**REFLECTIONS** \_\_\_\_\_

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**SELF CARE:** What do I need today?

<b>PHYSICAL</b>	<b>EMOTIONAL</b>	<b>SPIRITUAL</b>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Today I am grateful for...

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# Thank you

**Customize this journal to fit your needs and preferences, and  
make it a tool for self-discovery and self-care.**

Schedule a consultation with me to dig deeper into these insights  
and explore ways to individualize your wellness journey!

[DANIELLE@WELLNESSINTHEWAITING.COM](mailto:DANIELLE@WELLNESSINTHEWAITING.COM)



WELLNESS *in the waiting*

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