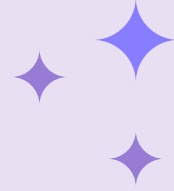




12 Days OF WELLNESS CAMPAIGN



Wellness Hub & Mood Tracker

How do I feel today overall?



WE THANK OUR
COMMANDMENT PARTNER:

L'ORÉAL
GROUPE



JOURNAL PROMPTS



Identity & Self-Discovery

- What does being a Black woman mean to you in this season of your life?
- How has your culture and experiences as a Black woman or girl inspired your journey toward healing?
- Reflect on a time, if any, when you felt most connected to your true authentic self?

Emotional Processing & Healing

- Reflect on which emotions you feel you've been carrying lately and how they show up in your body? How do they influence your thoughts? Your behaviors?
- Write a letter to your younger self? What guidance or reassurance would you provide her?
- Are there any painful emotions, memories, or experiences you'd like to release? Write them out and reflect on how you feel as a result of them and how you'd like to feel after letting them go

Self Love & Affirmations

- Try to write five things you love about yourself and your strengths. If you find it difficult to do so reflect on why that is and what stories you've been carrying about who you are?
- Reflect on a time, if any, where you've prioritized yourself. How did it make you feel? If you haven't reflect on why that is (without judgment)
- Is there an affirmation that speaks to you? If so, reflect on how and why it uplifts you



SELF-CARE ROUTINES TRACKER

MENTAL HEALTH GOAL FOR THE WEEK:

MORNING ROUTINE



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NIGHTTIME ROUTINE



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ME TIME IDEAS



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S	M	T	W	T	F	S

EXPANDED DAILY MOOD TRACKER

Date:

Mood:

Excited

Stressed

Happy

Sad

Neutral

Angry

Rate Your Day:



JOURNAL PROMPT:

REFLECTION:



DAILY JOURNAL PROMPTS

- ♥ How do you feel today overall?
- ♥ What was the first emotion you felt upon waking up?
- ♥ What went well today?
- ♥ Describe a moment today that made you smile.
- ♥ Did anything stress you out today? If so, what?
- ♥ Describe a challenge you faced and how it affected your mood.
- ♥ What could have been better?
- ♥ Did you engage in any self-care activities today? How did they make you feel?
- ♥ What accomplishment or progress are you proud of today?
- ♥ Did you experience any unexpected moments of joy?
- ♥ Rate your stress level and note any sources of stress.
- ♥ Did you practice mindfulness or relaxation today? How did it impact your mood?
- ♥ Describe a situation where you felt grateful today.

