

# Well-Being Journal

**2 ways I will move  
my body today**

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**1 way I will stimulate  
my brain today**

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**2 ways I will connect  
with my emotions  
today**

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**1 way I will connect  
spiritually today**

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**1 way I will connect  
with my  
environment today**

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**Important tasks I  
will achieve today**

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**1 financial goal for  
the week**

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**1 person I will  
connect with today**

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