

Create your own...



March Son MY WELLNESS CHART

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

- This month I'd like to incorporate
- Yoga/Stretching
 - Long walks
 - Creative/craft project
 - Guided meditation
 - Strength training
 - Cultural trip
 - Seeing friends
 - Bath/camper night
 - Complete book reading

My Mantras are

1x/week - exercise
2x/month each - walk, trip, friend
1x/week - meditation
1x/month - full book (print/audio)
1x/month each - creative project, pamper

To print additional copies, visit www.joannachornhill.co.uk/books/new-mindful-home

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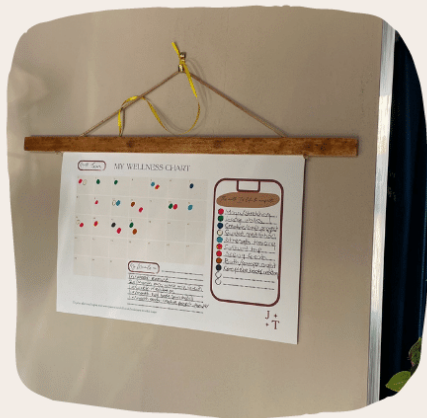
...wellness tracking chart (plus bonus intentions-focused weekly and daily printable planners)

Welcome!

This chart is adapted from my book, *The New Mindful Home* - please enjoy, and feel free to share!

Traditional goal-setting charts often run the risk of being filled with unrealistic expectations, and can leave us feeling disheartened - so try turning the idea on its head and using a wellness tracking chart, instead.

A little bit like a sticker chart for grown-ups, this visual aid is designed to be filled in as you go, rather than set up in advance, offering a dopamine-boosting visual representation of your successes as you move through the month. You can use your vision board as a starting point to work out your wellness goals (and even display them together), or create a different set of goals each month.



If you notice you're not completing some of them, question yourself with kindness: do they actually align with what you truly want to achieve? Are you being too ambitious with your time? Is there something deeper that you're avoiding? Much like meditation, the aim is to simply and mindfully notice what comes up, without criticism or judgment.

As featured in *The New Mindful Home* by Joanna Thornhill - www.joannathornhill.co.uk/books/new-mindful-home

How to use this chart:

- **Define some broad goals** you'd like to incorporate into your month - it could be cultivating a journalling practice, getting outside every day if you work from home, or making time for a creative hobby. Add these to the 'clipboard' and colour in each circle (or draw in a shape with its own colour) to visually identify it

- **Write down your 'minimals':** unlike targets, these are - literally - the bare minimum you think you'd be able to easily achieve. If you struggle to find any time to exercise, for example, a 'minimal' could be five minutes of stretching once a week: the aim is to make it super easy to smash this target, which will help turn this into a habit

- **To track your progress,** add the relevant colours or shapes onto the chart each day. By taking this pause to physically put pen to paper, your brain will place more relevance on your achievements

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Month:

MY WELLNESS CHART

1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	<div data-bbox="689 1070 1025 1174" data-label="Text"><p><i>My Minerals are...</i></p></div> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>			

This month I'd like to incorporate...

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-
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-
-
-
-



Week:

MY WEEKLY TIME PLANNER

MON TUE WED THU FRI SAT & SUN

MORNING	MORNING	MORNING	MORNING	MORNING	
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	
EVENING	EVENING	EVENING	EVENING	EVENING	

Blank space for notes or scheduling on Saturday and Sunday.

Notes & Goals

-
-
-
-
-
-
-
-



Date: _____

MY DAILY PLANNER

MY TO-DO'S MY GOALS

MORNING

-
-
-
-
-
-
-

AFTERNOON

-
-
-
-
-
-
-

EVENING

-
-
-
-

THREE KEY TASKS FOR TODAY...

- 1
- 2
- 3

THREE UNIQUE THINGS I'M GRATEFUL FOR...

- 1
- 2
- 3

THREE GREAT ACHIEVEMENTS I'VE MADE

- 1
- 2
- 3

Date: _____

MY DAILY PLANNER

MY TO-DO'S MY GOALS

MORNING

-
-
-
-
-
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AFTERNOON

-
-
-
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-
-
-

EVENING

-
-
-
-

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THREE GREAT ACHIEVEMENTS I'VE MADE

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- 2
- 3

