



LINDEN TREE
intuitive

Weekly Wellness Worksheet

Body – What am I doing to nourish my body this week?

- Nutrition/food: _____
- Movement/exercise: _____
- Rest/sleep: _____

What went well this week? _____

What challenged me? _____

What do I need help with? _____

Additional thoughts: _____

Mind – What am I doing to nourish my mind this week?

- Reading: _____
- Playtime: _____
- Learning: _____

What went well this week? _____

What challenged me? _____

What do I need help with? _____

Additional thoughts: _____

Spirit – What am I doing to nourish my spirit this week?

- Spiritual/religious practice: _____
- Meditation/prayer: _____
- Visualization/affirmation: _____
- Getting out in nature: _____

What went well this week? _____

What challenged me? _____

What do I need help with? _____

Additional thoughts: _____