

# WellBeing

JOURNAL



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THE MENTAL HEALTH AWARENESS WEEK  
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This journal isn't about perfection.  
It's about presence.  
It's about showing up for your inner world.

- No Pressure* There is no timeline for your wellbeing.
- No Perfection* Messy thoughts are welcome!
- Just Curiosity* Not Judgement.

YOUR NAME PLEASE

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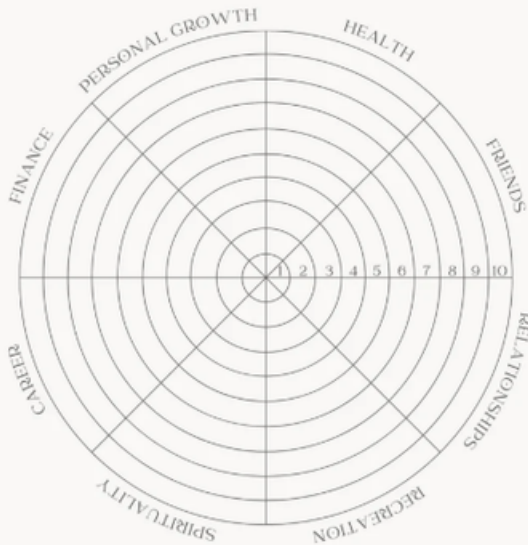
T<sub>1</sub> H<sub>4</sub> E<sub>1</sub> Y<sub>4</sub>

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# The Present *Snapshot*

The Wheel of Life is considered the "master tool" of coaching because it provides a clear snapshot of your current reality and helps you move from a confused or partial vision to total clarity.



## 1. Identify the Life Categories

The wheel is a circle divided into segments, each representing a different area of your life

## 2. Rate Your Satisfaction (1 to 10)

For each segment, you must assign a score based on your current level of satisfaction.

- The center of the circle represents a 1 (totally dissatisfied).
- The outer edge of the circle represents a 10 (fully satisfied)

## 3. Map Your "Wheel of the Present"

Once you have decided on a number for each category, mark a dot on the corresponding ray of the wheel. Then, connect these dots to create a shape and color the inside.

Almost all wheels are not balanced, this is perfectly normal. It only show you where your energy has been flowing.

How do you feel looking at your wheel right now?

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What specific areas need your "special attention" to bring more harmony to your life?

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Comparing this to your life 5 years ago, in which areas has your satisfaction increased or decreased?

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What major decisions or choices in the last few years have influenced the current shape of your wheel?

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What are you willing to create for yourself to make that future wheel more balanced?

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What is the very first, easiest step you can take today to start changing this shape?

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I<sub>1</sub>

H<sub>4</sub> A<sub>1</sub> V<sub>4</sub> E<sub>1</sub>

N<sub>1</sub> O<sub>1</sub> T<sub>1</sub>

F<sub>4</sub> A<sub>1</sub> I<sub>1</sub> L<sub>1</sub> E<sub>1</sub> D<sub>2</sub>

# Change Your Map & You change Your World

The world as it truly exists is the territory, but our mind only sees a map. Just as a paper map of a city is not the city itself, your thoughts and beliefs are not "reality" they are simply a simplified model your brain creates to help you navigate life.

Every second, we are overwhelmed by millions of pieces of information. To survive, our brain acts as a filter. It deletes details we think are unimportant, distorts facts to fit what we already believe, and generalizes single experiences into "rules" for life (like saying, "I'm just not good at this"). These filters are shaped by your past, your values, and your culture. Because of this, no two people ever see the world the same way.

We don't react to what is actually happening; we react to our interpretation of what is happening.  
Feeling Stuck: If you feel you have no options, it's usually because your "map" is missing the exit, not because the exit doesn't exist.

The Power of Meaning: Events are neutral. The meaning you give them, which creates your emotions - depends entirely on your map.

The Goal of Growth  
You cannot always change the external territory, but you can always update your map. Personal growth and coaching are not about changing the world around you;  
When you expand your map, you automatically discover new paths, more freedom, and the courage to reach your goals.

FEELINGS I SEEK  
IN MY LIFE

FEELINGS I PROTECT  
MY PEACE FROM

S T R I V E

F O R

P R O G R E S S

N O T

P E R F E C T I O N

# *Values & Beliefs*

Personal values & beliefs represent what is truly important to you and what deeply matters in your life right now.

Values represent what is fundamentally important to you and act as the "emotional fuel" or engine that provides direction and resilience in your life.

While values define your "why," beliefs provide the reinforcement and permission required to act, determining what you think is possible or impossible for you to achieve.

True motivation is not about willpower; it is a product of internal alignment. When your conscious goals are aligned with your core values and identity, your behavior becomes automatic and effortless. Conversely, if your values and beliefs are in conflict with your vision, you will experience an "internal civil war" that manifests as self-sabotage and inconsistency.

To find out your values, answer to the following questions.

What is truly important to me?

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What principles do I want to follow in my life?

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O L D

W A Y S

D O N T

O P E N

N E W

D O O R S



A deep, rooted 'why' for your tomorrow is the ultimate antidote  
to the struggles of today.

As the saying goes: 'Anyone can face the difficulties of today  
if they have a compelling tomorrow.'

To build that tomorrow, follow these four golden rules:

- Rule 1: Focus intensely on what you want. Instead of fighting fear or negative emotions, welcome them.

Ask yourself: 'What part of me are they trying to protect? Do I still need this protection?'

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Clarity comes from understanding your inner dialogue, not silencing it.

- Rule 2: Find your 'Why'. Find the deep-rooted purpose that will keep you going despite the hurdles. This is the fuel that supports you through every setback.
- Rule 3: Start with small steps. Consistent, simple progress is what allows you to reach the finish line.

Talent might be a 'gift,' but attitude? Attitude is a choice. Anyone can have it, and everyone can cultivate it.

- Rule 4: Celebrate yourself! Don't wait for the final goal. Celebrate every achievement, no matter how small.

Life isn't meant to be lived as if it were a never-ending exam you have to ace.



NEVER

LET GO

OF YOUR

DREAMS



# VISION BOARD

Remember : Vision without action is merely a dream. Action without vision just passes the time. Vision coupled with action can change the world.

A vision board template consisting of six distinct sections arranged in a grid-like fashion. Each section is defined by an orange border and contains a title in a light blue, sans-serif font. The sections are: a rounded rectangle for 'HEALTH & WELLNESS' (top-left), a circle for 'CAREER' (top-right), a circle for 'TRAVEL' (middle-left), a rounded rectangle for 'PERSONAL BELIEFS' (middle-right), a rounded rectangle for 'RELATIONSHIPS' (bottom-left), and a circle for 'CREATIVITY' (bottom-right). The sections are empty, intended for users to add their own goals and aspirations.

HEALTH & WELLNESS

CAREER

TRAVEL

PERSONAL BELIEFS

RELATIONSHIPS

CREATIVITY

# The Goal

Now that you know your values," they say, "you can choose where to plant your efforts.

Setting goals isn't about adding stress; it's about giving meaning to your tomorrow.

A gentle goal is a desire that blooms without being forced.

Goal setting is the engine of the coaching process, transforming a vague vision into a concrete reality.

Remember, a goal has to be S.M.A.R.T.

Follow the example:

- S (Specific): I will implement a "digital sunset" routine to improve the quality of my sleep.
- M (Measurable): I will turn off all electronic screens (phone, laptop, TV) 60 minutes before my target bedtime.
- A (Achievable): I will replace screen time with a low-stimulation activity like reading a physical book or light stretching.
- R (Relevant): High-quality sleep is the #1 tool for physical recovery and cognitive function.
- T (Time-bound): I will follow this routine 5 nights per week for the next 3 months.

The SMART Statement will be: "To optimize my recovery, I will disconnect from all digital devices 60 minutes before bed, 5 nights a week, for the next 3 months."

# Make it Work

If your life were a garden, what tiny seed of change would you sow today to nurture your well-being?

Choose something that brings a smile to your face, rather than another item on your 'to-do' list.

Setting a goal is the first step, but a plan is what makes it real.

Here is how you prepare for the journey:

1. Map your "Enemies" (Constraints) Identify your doubts and fears right now. Whether it's the fear of failing or a lack of time, name them. When you know your enemies in advance, they lose their power to surprise you. Preparation is your best defense.
2. Find your Solutions early Don't wait for a problem to look for a solution. Decide now what will help you move forward. Is it a coach to guide you? A community to support you? Build your toolkit before the challenge starts.
3. Find your "Why" Ask yourself: "Why is this goal important to me?" Don't answer with your head; answer with your heart. Your "Why" is the fuel that keeps you running when you feel like stopping.
4. The Reality Check: "What if you don't achieve it?" Think about how you would feel if you stayed exactly where you are today. This is the foundation of your drive. Remember: while you stand still, others are already working for their dreams.

YOUR GOAL IS:

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DEAD LINE:

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1. CONSTRAINTS

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3. WHY IS THIS GOAL IMPORTANT?

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2. SOLUTIONS IN ADVANCE

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4. WHAT IF YOU DONT ACHIEVE IT?

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B E

Y O U R S E L F

## WALKING WITH A LIGHTER HEART

Positive psychology speaks about "Active Hope." You don't need to climb the whole mountain in one day; you only need to find the smallest, easiest step forward.  
Choosing your direction is an act of self-care, not a heavy duty.

What is one "micro-step" something that takes less than 5 minutes, that you can do tomorrow to get closer to that well-being?  
Write it down as if you were giving a gentle invitation to a dear friend.

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Remember, clarity doesn't come from seeking perfection; it comes from practicing presence. Mental health is a daily commitment built through small gestures of self-compassion and gentle choices.  
The goal is not a distant finish line, but the way you choose to walk every single day.  
You are ready to move forward with a lighter heart.

One Last Reflection:  
What promise of kindness will you make to yourself for this week?

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# Take Care

OF YOURSELF