



Thank you for visiting my site and checking out my wellness planner. I hope it will be helpful to you on your journey. Please feel free to share the file with others who might benefit from using it.

Information about this file:

- * It is sized to be printed on 8.5" x 11" (US letter) paper, double-sided, and cut in half to make A5 pages. If there is demand for a full 8.5" x 11", I will consider releasing that version at a later date.
- * If you cannot print these pages at home and you have room in your budget, you can always have them printed at an office supply store or other stores (UPS, FedEx, etc.) offering print services.
- * You will need to print 6 daily pages and 1 weekly page per week, or 7 daily pages and 1 weekly page per week, depending on your preference.
- * I kept the design basic so that you could add your own color and personal decor touches.
- * This can be a useful tool for self-care and mental wellness, but it is not a replacement for professional therapy. If you are struggling, please reach out to someone for help. Please don't let the short-sightedness of others and their personal biases prevent you from seeking and getting the help that you need.

Jeanna
Jeanna Carlton
messymuffin.com

Weekly Review

What were your worst moments this week? Where did you struggle?

What were your best moments this week? What were some wins?

Wellness goals for next week:

Word or positive quote for next week:

What are some steps you can take next week toward meeting your wellness goals?

Weekly Review

What were your worst moments this week? Where did you struggle?

What were your best moments this week? What were some wins?

Wellness goals for next week:

Word or positive quote for next week:

What are some steps you can take next week toward meeting your wellness goals?
