

Journey to Wellness — A free self-guided healthy living program

Set your pace activity tracker

The fast pace of work and home life can leave you feeling overwhelmed and stressed. This activity can help you grow skills that reduce stress and anxiety.

Before you begin, set a goal.

How many days do you hope to practice an activity?

Choose at least five activities you look forward to practicing.

When the month is complete, evaluate your participation.

How many days were you able to practice an activity?

Select two activities you will continue to practice.

Suicide is a major concern in the U.S. With the right information and willingness to reach out to someone in need, everyone can help prevent suicide.

If you are having suicidal thoughts, call the 988 Suicide and Crisis Lifeline at 988, or chat at 988lifeline.org.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
It's about you	<input type="checkbox"/> Make it a device-free day	<input type="checkbox"/> Stretch for 5–10 minutes	<input type="checkbox"/> Refill your water bottle twice today	<input type="checkbox"/> Take a 10-minute walking break	<input type="checkbox"/> Take three deep, calming breaths throughout the day	<input type="checkbox"/> Encourage others to take a break	<input type="checkbox"/> Say 'yes' to something you have been wanting to do
Be present	<input type="checkbox"/> Use all five senses when eating today	<input type="checkbox"/> Take time to notice what your body is feeling	<input type="checkbox"/> Send a note to three people you care about	<input type="checkbox"/> Think about one good thing that happened today	<input type="checkbox"/> Identify three things you are grateful for	<input type="checkbox"/> Reflect on your greatest strength	<input type="checkbox"/> Write for 3 minutes in a journal about anything
Reflect	<input type="checkbox"/> Do one thing that brings you joy	<input type="checkbox"/> Schedule a "me day" on the calendar next month	<input type="checkbox"/> Chat with a friend about something new	<input type="checkbox"/> Appreciate your body and all it can do	<input type="checkbox"/> Remind yourself to slow down	<input type="checkbox"/> Create one self-care ritual you can practice tomorrow	<input type="checkbox"/> Find a peaceful space and practice your self-care
Develop	<input type="checkbox"/> Find an opportunity to rest and recharge	<input type="checkbox"/> Practice a new healthy habit for the day	<input type="checkbox"/> Acknowledge one thing you can't change — and let it go	<input type="checkbox"/> Compliment a friend or loved one	<input type="checkbox"/> Ask a colleague if they need help	<input type="checkbox"/> Define a new daily action that aligns with your personal values	<input type="checkbox"/> Listen to a favorite song or podcast
Celebrate	<input type="checkbox"/> Find the joy in your surroundings and celebrate it	<input type="checkbox"/> Randomly send a compliment to a friend or loved one	<input type="checkbox"/> Create a gift and surprise the person you gift it to	<input type="checkbox"/> Identify a small goal for the day and celebrate meeting it	<input type="checkbox"/> Think of something that brings you joy that you haven't done in a while and do it	<input type="checkbox"/> Review how many activities you checked off and celebrate how far you have come	<input type="checkbox"/> Make a celebratory dinner or host a gathering with those you care about

Print this sheet or save it to your desktop for digital tracking.

mayoclinichealthsystem.org/journey

