

Linkage Wellness Reset Journal

NAME

DATE



"DEDICATED TO THE PHYSICAL HEALTH AND MENTAL WELLNESS OF BIP+
AFTER CANCER DIAGNOSIS OR LIFE TRAUMA"



RESET
REFOCUS



Self-care
IS EMPOWERMENT



TREAT
yourself

Embrace
who you
are

Linkage Wellness Reset Journal



CURRENT HEADSPACE

What thoughts are currently on loop?

RELEASE & LET GO

What do you wish to let go today?

MINDSET RESET

TODAY'S INTENTIONS

How do I want to feel today?

WINS & GRATITUDE

What is one small thing I'm thankful for?

DID I FEEL RESTED AND CAPABLE?

NO ☐ ☐ ☐ MAYBE ☐ ☐ YES

THE ONE THING I MUST DO FOR MY HEALTH.

WAS MY MIND QUIET AND FOCUSED?

NO ☐ ☐ ☐ MAYBE ☐ ☐ YES

WHAT WOULD MAKE TOMORROW EVEN BETTER?

Stress + Emotions

EXPLORE YOUR WORRIES TO UNDERSTAND AND MANAGE THEM BETTER.

WHAT AM I WORRIED ABOUT?

WHY IS THIS BOTHERING ME?

IS THIS SOMETHING I CAN CONTROL?

ACTION STEPS OR LET IT GO?

WHAT'S THE WORST THAT COULD HAPPEN? AND HOW LIKELY IS THAT?

WHAT WOULD I SAY TO A FRIEND WITH THIS WORRY?

Prompts for Self-Love & Healing

1. WHAT DO I LOVE MOST ABOUT MYSELF TODAY?

2. WHAT IS ONE THING I FORGIVE MYSELF FOR?

3. HOW CAN I BE KINDER TO MYSELF?

4. WHAT LIMITING BELIEF AM I READY TO LET GO OF?

5. WHAT DOES HEALING LOOK LIKE FOR ME RIGHT NOW?

6. WHAT MAKES ME FEEL GROUNDED AND SAFE?

7. WHAT WOULD I SAY TO MY YOUNGER SELF TODAY?

8. HOW DO I WANT TO SHOW UP FOR MYSELF THIS WEEK?

Mental Health Check-In

A SIMPLE SPACE TO REFLECT ON YOUR EMOTIONAL AND MENTAL WELLBEING.

HOW AM I FEELING EMOTIONALLY TODAY?

WHAT'S CURRENTLY ON MY MIND?

WHAT'S ONE KIND THING I CAN DO FOR MYSELF TODAY?

AM I SLEEPING WELL?

DID ANYTHING TRIGGER ME RECENTLY?

Mindful Clarity Planner

NAME

DATE

DAY

01

02

03

04

05

06

07

THINGS I CAN'T CONTROL

THINGS I CAN INFLUENCE

THINGS I CONTROL

WHAT WILL I DO TODAY?

WHAT WENT WELL?

THOUGHT ORGANIZER

USE THIS WORKSHEET TO UNTANGLE YOUR
THOUGHTS AND FIND CLARITY.

WHAT'S ON MY MIND

FACTS VS WORRIES

WHAT I CAN CONTROL?

WHAT I CAN RELEASE?

ADDITIONAL NOTES:

NIGHT REFLECTION

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

Day of the week



MON

TUE

WED

THU

FRI

SAT

SUN

Water I have drunk



LITTLE

NORMAL

A LOT

What I have done today to advance my goals

Today I learned

•

•

•

•

What can I improve

•

•

•

•

Level of:

HAPPINESS



PRODUCTIVITY



SELF-LOVE



SELF-CARE



How I felt today

Notes:



"DEDICATED TO THE PHYSICAL HEALTH AND MENTAL WELLNESS OF INDIVIDUALS
AFTER CANCER DIAGNOSIS OR LIFE TRAUMA"

ADDITIONAL NOTES:
