



Linkage Wellness
Institute



SELF-EXPLORATION WORKSHEETS



A PERSONAL CHRONICLE OF THOUGHTS, REFLECTIONS,
AND MOMENTS THAT SHAPE YOUR UNIQUE JOURNEY



Vision 2026-27:

MY NEXT CHAPTER

What I'm
Chasing
This Year

1. What new goals or plans can I create?

2. How can I challenge myself in ways I never have?

My Big 3
for 2026-
2027

How I'll
Make It
Happen

3. How does the next 5 years look RIGHT NOW in my head?

"A Soft life takes hard work, but you got this. Let's go."

BENEATH THE NOISE

There is a layer of the world that only appears when you stop trying to make sense of it. The hum of a fan, footsteps far away, the soft weight of your own breathing, all of them remind you that life keeps unfolding even when you're not steering it. Listening deeply is a way of returning to presence not to gather meaning, but to meet what's here.

Describe the small, background sounds around you, distant voices, wind, your own heartbeat. Write them down exactly as they are.

What simple thing could you do in the next 10 minutes to match that feeling?

LETTERS TO MYSELF

A LETTER TO MY YOUNGER SELF:

A LETTER TO MY CURRENT SELF:

A LETTER TO MY FUTURE SELF:

DAILY ROUTINE

Date:

Morning

Wake up at 7:30 a.m

Plan the day and set goals

List things I'm grateful for

Cook & eat healthy breakfast

Check & respond to important emails

MON

TUE

WED

THUR

FRI

SAT

SUN

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Afternoon

Do afternoon stretches

Prioritize tasks & manage time

Work focus time

Connect with family & friends

Review work to-do list

MON

TUE

WED

THUR

FRI

SAT

SUN

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Evening

Unwind from work

Catch up on hobbies

Night yoga

Journal

Plan for the next day

MON

TUE

WED

THUR

FRI

SAT

SUN

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WEEKLY REFLECTIONS

TODAY'S DATE: _____

FIVE THINGS THAT MADE ME HAPPY THIS WEEK:

FIVE THINGS I ACHIEVED THIS WEEK:

FIVE THINGS I CAN DO DIFFERENT NEXT WEEK:

MONTHLY REFLECTION

What moments, events, or achievements stood out to you?

What obstacles did you face?

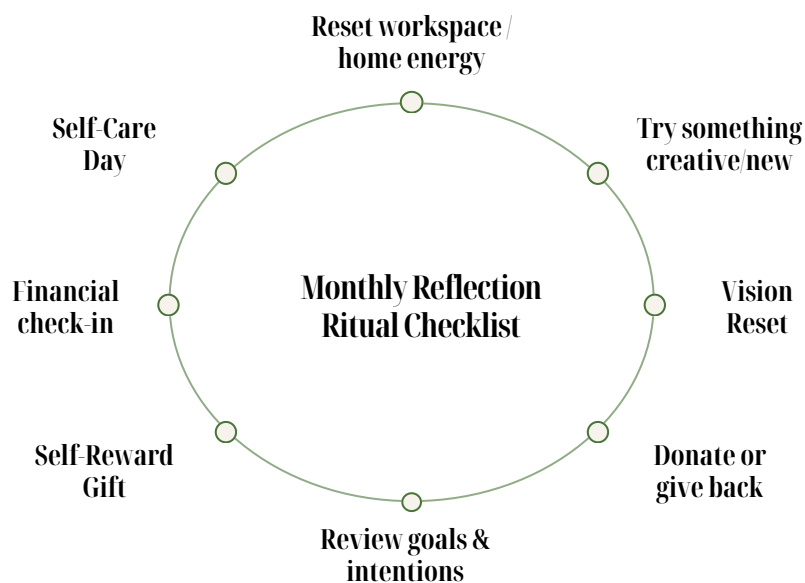
What did you learn from them?

List 3 things you're grateful for this month...

[01]

[02]

[03]



Habit Tracker

Self-Care

Meditation

Exercise

Journaling

MONTHLY BUDGET REVIEW

MONTH _____

STARTING BALANCE _____

ENDING BALANCE _____

EXPENSES

Everyday	
Debt	
Education	
Entertainment	
Health	
Transportation	
Gifts	
Travel	
Home	
Insurance	
Other	
Total:	

INCOME

Income Stream 1	
Income Stream 2	
Income Stream 3	
Gifts	
Total:	

SUMMARY

Income	
Expenses	
Ending Balance	

GOAL SETTING PLANNER 2026

Goal Title: _____ Why It Matters: _____ Deadline: _____ First Small Step: _____	Goal Title: _____ Why It Matters: _____ Deadline: _____ First Small Step: _____	Goal Title: _____ Why It Matters: _____ Deadline: _____ First Small Step: _____
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4 Years Milestone Map

2031

2032

2033

2034

Key Focus

Key Focus

Key Focus

Key Focus

This Month I'll Focus On:

Top 3 Priorities:

• _____

• _____

• _____

What I'll Improve Next Month:

Life Areas Wheel

Rate each area (1–10) and note where you want improvement.

The Life Areas Wheel is a circular diagram divided into eight equal segments by four intersecting lines. Each segment is labeled with a life area in a curved font. Starting from the top and moving clockwise, the segments are: Mind & Learning, Relationships & Family, Health & Wellbeing, Creativity & Fun, Community & Impact, Finances, Career & Purpose, and Self Improvement.

WELLNESS HABIT TRACKER

Month :

Week :

MIND & MOOD

	S	M	T	W	T	F	S
Daily Gratitude	☐	☐	☐	☐	☐	☐	☐
Journaling	☐	☐	☐	☐	☐	☐	☐
Screen-Free Time (1 hr)	☐	☐	☐	☐	☐	☐	☐
Meditation (5–10 min)	☐	☐	☐	☐	☐	☐	☐
Sleep Before 10 PM	☐	☐	☐	☐	☐	☐	☐

BODY & HEALTH

	S	M	T	W	T	F	S
Drink 8 Glasses of Water	☐	☐	☐	☐	☐	☐	☐
Healthy Meals (2x/day)	☐	☐	☐	☐	☐	☐	☐
Stretch or Exercise	☐	☐	☐	☐	☐	☐	☐
Take Vitamins	☐	☐	☐	☐	☐	☐	☐
No Junk Food	☐	☐	☐	☐	☐	☐	☐

SELF-CARE & GROWTH

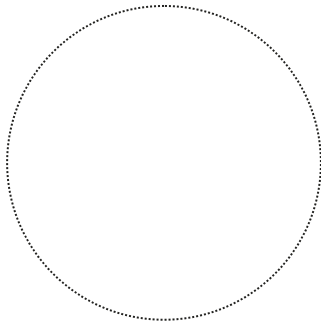
	S	M	T	W	T	F	S
Read (10–15 min)	☐	☐	☐	☐	☐	☐	☐
Skincare Routine	☐	☐	☐	☐	☐	☐	☐
Digital Detox (30 min)	☐	☐	☐	☐	☐	☐	☐
Learn Something New	☐	☐	☐	☐	☐	☐	☐
Acts of Kindness	☐	☐	☐	☐	☐	☐	☐

MANIFESTATION PLANNER

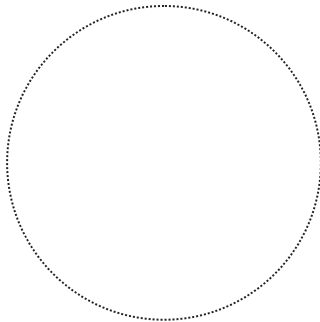
I want to manifest:

My message to the universe:

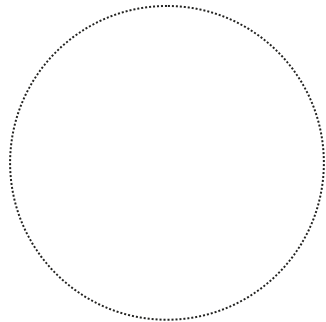
WHAT I SEE



WHAT I FEEL



WHAT I HAVE



My action plan:



My affirmations:



JOURNAL 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?



My Safety Sheet

Name: _____

Age: _____

Address: _____

Contact No.: _____

Favorite Person:

Favorite Food:

Favorite Drink:

Favorite Movie:

Emergency
Contact

Person who holds me
Accountable

Go To Friends

My Counselor



Contact Linkage

Social Media:

@linkagelove

Email:

Support@linkagewellnessinstitute.com

Client Support:

(301) 414-8403

Website:

www.linkagewellnessinstitute.com

Linkage is dedicated to the health & wellness of Women and Men after a cancer diagnosis or Life Trauma experience.

Download/Print our Linkage Trauma Healing Awareness Materials on our website.

- The Linkage Healing Hub Journal
- Linkage Healing Self Reflection & Self Exploration Worksheet Packets
- Linkage Mindful Meditation Coloring Book & Linkage 30-Day Challenges
- Linkage "My Journey Journal"



Linkage
Trauma/Recovery/Healing
Program

MY NOTES

A series of horizontal dotted lines for writing notes.

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A series of horizontal dotted lines for writing notes.